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Calgary metro



NATALIE PORTMAN
O that's Jackie all right
metroLIFE

Your essential daily news | WEEKEND, DECEMBER 9-11, 2016

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Lucas Chum, left, 16, Grace Huber, 17, Christina Oprea, 17, Abbey Crockett, 17 and Ryan Everett, 16.
JENNIFER FRIESEN/FOR METRO

O GIVING TREE

Students bringing holiday spirit to families in need **metroNEWS**

7 penguins drown at Calgary Zoo

INVESTIGATION LAUNCHED
Staff don't know what caused tragedy

Elizabeth Cameron
For Metro | Calgary

Seven Humboldt penguins have died at the Calgary Zoo. The deaths have been determined to be a result of drowning, and a full investigation has been launched.

"These birds were in the water as per normal. It's hard for us to know what caused this to happen," said Jamie Dorgan, director of animal care at the Calgary Zoo.

On Wednesday night, the birds were all accounted for, and staff noticed nothing awry. A keeper showed up early on Thursday morning to feed the flock of 22 in their back holding area, and noticed there were several birds missing.

Upon investigation, the keeper made the grisly discovery in the holding area's pool. "It's pretty hard on our keeper staff; these animals are like family to us," Dorgan said.

The penguins will not be allowed in the pool overnight until further notice.

"It feels like some kind of stress or panic-related event within the group caused them to have an overwhelming reaction and all go in the pool, possibly causing some birds to inhale water," said Dorgan.

He said that's the zoo's best guess, based on the known behaviour of penguins — but nothing has been confirmed.


"It's nothing we would have ever expected — we're going to do our best to figure out what happened," Dorgan said.

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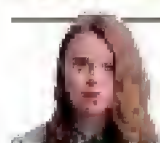
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Pot tourism hanging in the balance

MARIJUANA

Would-be weed entrepreneurs await federal framework



Helen Pike
Metro | Calgary

Although not clear how pot legalization will go down, Albertans are already planning to piggy-back business on the marijuana economy.

In Colorado, when pot was decriminalized in the state, their local tourism board didn't touch the stuff, because it's not federally legal. Yet if you plan a trip to the toking state, there are many services purporting to be 420 friendly.

And according to Minister of Justice and Solicitor General Kathleen Ganley, because of the state's restrictions on smoking outside, and of course, in restaurants, they quickly found the edibles market exploding.

That one legislative example can give you an idea of how many different scenarios could play out for small businesses, depending on how the government legalizes weed.

There are still a lot of unknowns: whether regular busi-

nesses will be able to carry pot products, or if it will take a specialized licence for weed dispensary type shops.

"These are the sorts of things we need to be thoughtful about," Nenshi told reporters last week after the release of a Metro ThinkHQ poll about Albertans pot preferences.

"From a very practical point of view, if this actually creates a new craft industry, or small business, that's not a bad thing in this economy — we just have to figure out the right way to do it to ensure people's safety."

But when it comes to niche markets, and diversifying the economy, Ganley says places like Colorado only saw a small bump in GDP. And because Alberta would be competing with the rest of Canada for tourism dollars, it's still unclear how weed legalization will play out.

"Certainly, an industry is likely to develop, the federal government will have some piece of regulation of it, and the province will have a piece," she said. "It would be an additional industry, potentially... every little bit counts, but it didn't make a huge (economic) impact in Colorado."

A report published in October by the Marijuana Policy Group, an economic and market research firm that has University of Colorado researchers, how-



Lisa Kirkman shows off the toking lounge set up in her home, where she hopes the local pot community can coalesce. HELEN PIKE/METRO

TO CONSIDER

Pot profit possibilities

- Colorado enjoyed an increase in GDP from pot-related business, but reports vary on how much.
- Victoria has bring-your-own-stuff vapour lounges.
- It's a nascent, relatively underground economy here, with a home-based toking lounge in Calgary.

ever, stated Colorado reaped a \$2.39-billion economic reward tied to the marijuana economy.

In Victoria, there's already a pocket of tourism to attract a host of pot connoisseurs — at their own risk. As the Canadian Press reported, possession is still illegal, but "vapour lounges" still welcome patrons to bring

their own goods, sit down, and enjoy a toke.

And the same sort of culture is bubbling in Calgary, although in a more underground fashion. There's already one "toking lounge" in the city, but it's held in a private home and is the head office for the Calgary Cannabis Society. There, Lisa Kirkman said both medicinal users, and recreational, can enjoy a safe space to consume cannabis, and take a dab from their "dab bar."

"If you don't have a culture that's acceptable to anyone, other than hanging out in your buddy's basement, or even out in the alleyway, or in a park or something like that, you don't have cannabis tourism," said Kirkman. "Whether or not you have places to buy marijuana here, it's pretty irrelevant."

She said no one has had a problem buying marijuana in

Calgary, but what's going to bring in tourism, it's the place to use it, and the people to use it with.

The lounge security checks that people entering are 18 or older, unless they have a medical licence. They don't buy or sell anything on the premises and alcohol is not permitted.

Their methods are similar to a very public toke lounge in Ottawa, which actually opened in 2015 and shut down the same summer due to smoking bylaw changes. That space ran based on a membership fee, which allowed users to enter the storefront and smoke their own cannabis. Then, users had access to board games, video games and vapourizers.

According to Calgary police, they will continue to enforce the current letter of the law, and won't be turning a blind eye.

GROWTH INDUSTRY

Siksika apply for licence

It's still in the early stages, but Siksika has filed for their medical growing licence, and partnered with B.C.-based LDI Group. The two-year application process means the nation's agricultural land won't be used for medical growing for some time.

"With the trend of First Nations leaning towards marijuana production across the country, there's a lot of interest, and First Nations communities looking at Siksika as a model," said Shane Breaker, general manager of retail and construction development services for Siksika Nation.

The plan is to build the facility and grow medical marijuana to be distributed through local licensed dispensaries. Breaker said the project could bring numerous jobs, not only in cultivating the plants, but security, distribution and managerial positions.

The total facility's footprint would be 25,000 square feet, a large portion going to the production, some to shipping, office space and staff facilities. After they have a few years under their belt, Breaker said they may expand. HELEN PIKE/METRO



There's a lot of interest, and First Nations communities looking at Siksika.

Shane Breaker

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TRANSIT

Funding a 'large worry'

The Beltline community wants an incognito Green Line, and administration is giving it serious consideration.

And while the neighbourhood and key stakeholders demand the costly underground option, which won't be decided on until March, the province's funding promise is moving further down the line.

What was a 2018 construction-start timeline has now been pushed to the beginning of 2019.

"Because of these delays in funding, we've pushed it to 2019," said Coun. Shane Keating. "Any further delays really puts the project in huge jeopardy, you might say, to make sure we're actually being able to meet some of the targets, and take advantage of the economic downturn."

In an interview with Metro Calgary, Transportation Minister Brian Mason said the province struggles to fund the Green Line before the city comes to a better cost estimate analysis.

Right now, the Green Line is at a class three estimate, and total project costs have been pegged between \$4 and \$5 billion for some time.

Mayor Naheed Nenshi has said that the city often approves projects based on a class three estimate.

"What we have to be able to do is do it as fast as we can," said Keating. "It's a large worry."

He said what could make matters easier is if the province has a short timeline to pay funds for the Green Line, which means more Green Line and less financing costs, and the sooner they announce that, the better.

Administration said the recent Green Trip announcements do give some hope for the city, as that funding begins rolling in 2017.

HELEN PIKE/METRO

Cycle track project pedals towards decision

GETTING AROUND

City is split between the status quo and track upgrades



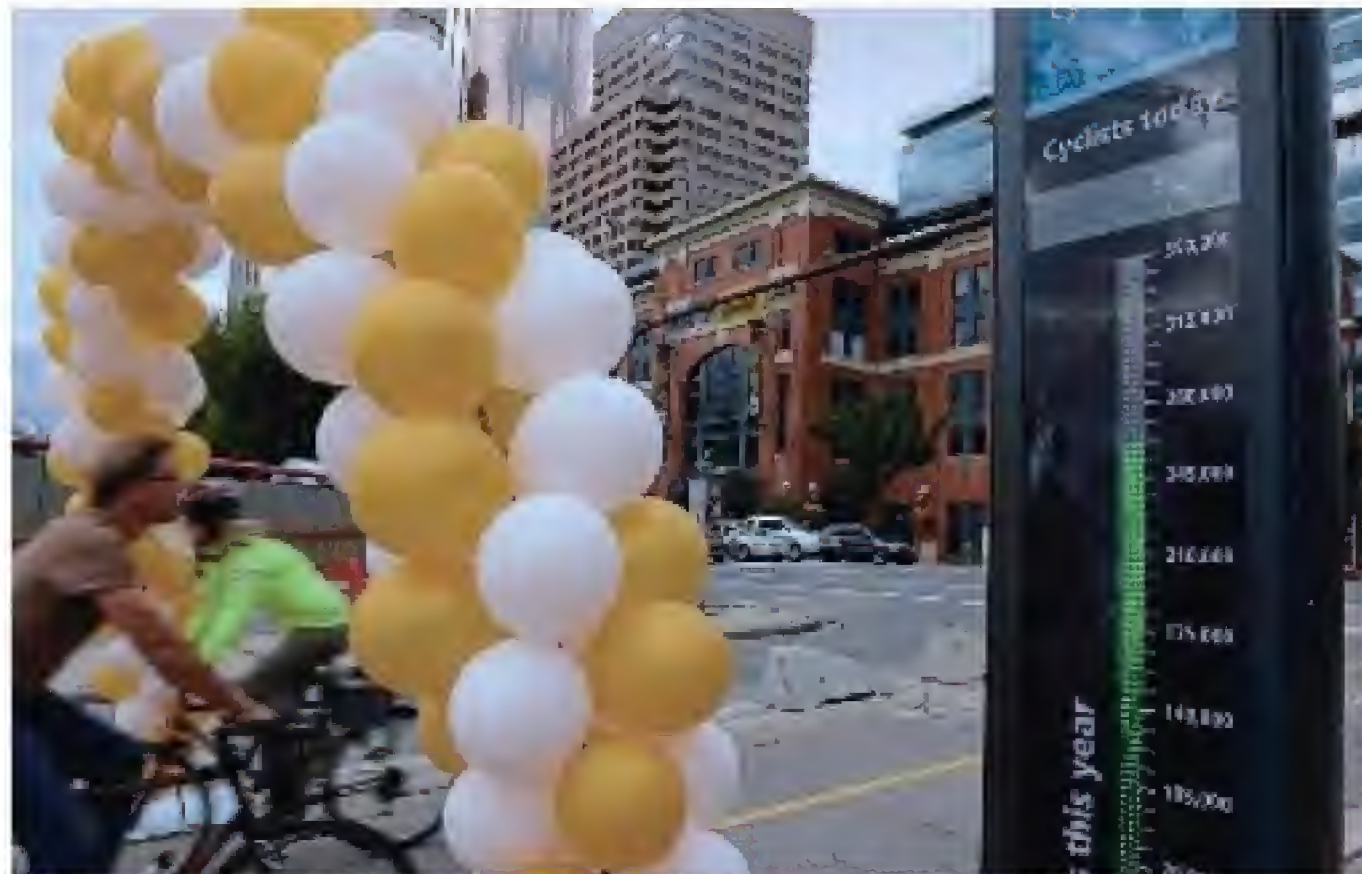
Helen Pike
Metro | Calgary

It went all night long, and folks, this is just the prequel.

If the transportation and transit committee is any indication of council's appetite to keep the cycle tracks, the decision on the pilot in two weeks will have municipal politicians split between keeping the existing infrastructure in place as is, or seeking more improvements for the tiny existing network.

Those two viewpoints, and many in between, will duke it out for the ultimate win: what's right for Calgarians, cycle tracks or not, and won't upset voters too much in 2017.

In 2014 the eight to seven split vote for the cycle track



The city has been keeping count on the use of the cycle track downtown. METRO FILE

was so close, it would seem there was a lot hanging in the balance for the pilot that administration said met 70 per cent of the targets set by council.

"I see no reason to remove

them at this point," said Coun. Shane Keating. "They've met a good number of the targets, they haven't met them all... I'm not sure we should be spending an awful lot of capital money making them

permanent today."

Keating has heard as it is, the tracks could stand easily for another five years.

Notable was the response from the business community, who have been vocal before

and during the cycle track pilot, about the merit of the protected bikeways in front of storefronts where they may take away nearby parking, or interrupt their delivery vehicles, and could be bad for business on top of the stresses from the economic downturn.

Bonny Anderson, who was speaking on behalf of the Keynote Development, the relatively new development along 12 Avenue southwest, said her clients, business owners facing the cycle track, have several issues with the tracks.

"We support the cycle track in concept, we just have some concerns about bringing it into a permanent structure at this particular point along 12 Avenue," Anderson said.

But not all business was so skeptical, in the Beltline, the Victoria Park Business Improvement Area's executive director David Low said his group fully supports administration's recommendations, and have had several businesses open and become successful despite the track and downturn.

CHILD INTERVENTION

Human services minister rejects calls for resignation



Kevin Maimann
Metro | Edmonton

Alberta's embattled Human Services minister says he is "absolutely" doing a good job, amid criticisms that he hampered a probe into the violent death of a child in government care.

Irfan Sabir is also rejecting calls from the opposition that

he resign his post, saying he is committed to fixing a system that has been broken for years.

Sabir's department has been under fire in recent weeks for its handling of the death of a four-year old girl named Serenity, who was in government-appointed kinship care when she died two years ago, showing signs of malnourishment and severe physical and sexual abuse.

He unveiled plans Thurs-

day for a ministerial panel on child intervention that will start making recommendations in six to eight weeks.

"Serenity's family deserves answers and Serenity deserves justice," Sabir said.

"I am not here to assign blame anywhere, I am here to talk about the solution."

But opposition parties insisted blame should be doled out and should fall squarely on the minister.

"It's irresponsible and it's unbelievable to think that no one in this government at any time over the past month picked up the phone and asked what they needed to do to speed up the investigation into the death of Serenity," said Wildrose Leader Brian Jean.

The PC Party was in power at the time of Serenity's death in 2014.

Sabir and Alberta RCMP

both say an internal report on Serenity's case was delivered two working days after the police asked for it in late November, but that technical problems delayed the computer file from being opened until this week.

PC Leader Ric McIver called for a public inquiry as well as Sabir's resignation.

"If there is no blame, there is no justice," he said.

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SEXUAL ASSAULT CASE

Alcohol test to delay sentencing of brothers

It will be another six months before sentencing arguments resume for two brothers who randomly kidnapped a girl and repeatedly sexually assaulted her.

Corey Manyshots, 25, and his 21-year-old brother Cody pleaded guilty in October 2015 to kidnapping, uttering threats, sexual assault and robbery.

The pair approached the girl at a northeast Calgary bus stop, forced her into an alley and sexually assaulted her two years ago.

The brothers took the Grade 12 student to their home, where they sexually assaulted her another 15 times until she was able to escape about eight hours later after they fell asleep.

Lawyers for the two men informed Judge Terry Semenuk they have received legal aid funding for a fetal alcohol spectrum disorder test, something that can take four to six months.

"It's hugely important. It's part of ... doing our due diligence for these two guys," said

lawyer Alain Hepner, who is representing Cody Manyshots. "FAS is a real possibility from all of the reports and we have to make that determination."

"I think that it will reduce the moral blameworthiness because of the FASD and the symptoms of FASD."

The Crown has recommended a sentence of 12 years less time served. The defence is expected to begin its sentencing submission when the case returns to court June 2.

"We're going to hope the report is done by then," Crown prosecutor Jonathan Hak said.

He has said the tests will have no impact on the men's guilt since the brothers have already been found guilty. But mental illness, FASD or cognitive issues can have an impact on the moral responsibility the court assigns to an offender, he said.

The two men are to be tested while they are being housed at the Calgary Remand Centre.

THE CANADIAN PRESS



Calgary Police say two men driving in this silver two-door BMW were involved in an assault on a woman at the West Mount Pleasant Arena Wednesday evening. The vehicle will likely have extensive damage to the front passenger side and front bumper. COURTESY CPS

Police seek suspects in road rage

INVESTIGATION

Woman was allegedly beaten with hockey stick

Calgary police are looking for two men who allegedly beat a woman with a hockey stick in a road rage incident Wednesday evening.

According to CPS, the victim was driving a black Dodge Caravan south of 4 Street NW near the intersection of 40 Avenue NW around 5:20 p.m. Wednesday.

A silver BMW attempted to pass her but failed due to oncoming traffic, and then began aggressively following the woman.

According to police, when she arrived at the West Mount Pleasant Arena, the BMW boxed in the vehicle, and two men got out of the BMW. The two demanded the woman get out of the car and fight them, and when she refused they allegedly used a hockey stick to break the windows in her vehicle.

The victim's child was also

in the car at the time.

The victim tried to flee in her car, but ran into the BMW. Police said she was then pulled from her car and assaulted by the two men, who used the hockey stick to hit her.

The two then fled in the silver BMW.

The suspects are both described as being in their early 20s, with dark brown or black hair and medium builds.

One was wearing light grey or white clothing on his upper body.

The suspect's vehicle is described as being a silver, two-door BMW car with an Alberta licence plate. Police say it will likely have extensive damage to the front passenger side and possibly the front bumper. METRO

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Anyone with information on the two men or their vehicle is asked to contact Calgary Police Service at 403-266-1234 or to contact Crime Stoppers anonymously at 1-800-222-8477.

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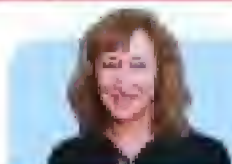
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Chief Lee Crowchild sworn in

TSUT'INA

Time to 'stop looking over the fence at each other'

Elizabeth Cameron
For Metro | Calgary

The newly-elected chief of the Tsut'ina nation has personally invited Calgarians to visit his reserve.

"Tsut'ina is blessed to have such a large and vibrant city on our doorstep," said Chief Lee Crowchild, in his first media address as chief.

Crowchild, who is taking the helm from outgoing chief Roy Whitney, said his goal is to increase the interactions between his people and all Calgarians.

His grandfather, David Crowchild, also held the position of chief and is the namesake for Calgary's Crowchild Trail.

"We've always been next to each other, neighbours for a long time. Now it's time to stop looking at each other over the fence," Crowchild said.

The Tsut'ina chief and council were officially sworn in on Thursday for a three-year term.

After being sworn in, Crowchild said he would work to eliminate domestic violence and bullying, and make disabled persons in his community more visible.

"Serving the people — our people — requires diligence, sacrifice, and great earnestness," he said, adding that he will approach the leadership role in "the spirit of service."

The regular rodeo competitor said he will bring balance and stability to the nation.

"This nation is growing, in population and complexity and prosperity, and needs a sophisticated government," Crowchild said.

Citing the ring road and construction of the Grey Eagle casino, Crowchild said the Tsut'ina nation has done well as far as economic development over recent years, but pledged to ensure projects balance pros-

perity with the need to keep the land "pristine."

"We must all remember that this land means more to us than monetary value — much more," he said, adding that whether in Tsut'ina or Calgary, everyone is a steward of the land.

Braiden Crane attended the ceremony and said he's excited about the new chief and council.

"It means a lot to me to know things are going to change," Crane said.

He said there was a lack of transparency under previous leadership, but he's hopeful that will change.

"I'm really hoping our chief and council keeps an open heart to our nation and our nation's needs — and the city of Calgary as well."

He said there's lot for Calgarians to experience on Tsut'ina — from wildlife spotting to artisan crafts.

"There's a lot of culture that Calgarians can come be a part of as well," Crane said.

Serving the people — our people — requires diligence, sacrifice, and great earnestness.

Chief Lee Crowchild



Chief Lee Crowchild addresses the media after being sworn in as the new chief of the Tsut'ina reserve. ELIZABETH CAMERON/FOR METRO



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Albertans pay more for dental: Review

HEALTH

Hygienists paid up to \$18/hour more than rest of the country

A government review has found that Albertans are paying more than other Canadians to go to the dentist, but the province is stopping short of

regulating fees.

Instead, the NDP government says it will work with dentists to develop a fee guide to allow patients to shop around for services.

The review found that the average costs of 49 procedures are up to 44 per cent higher in Alberta than in British Columbia, up to 38 per cent more than in Saskatchewan and up to 25 per cent more than in Ontario.

"Albertans in general are higher income earners on average than other parts of the country, but that doesn't mean that we should be seeing exorbitant rates," Health Minister Sarah Hoffman said Thursday.

"We are looking at what's working in other jurisdictions and one of the pieces there is a fee guide."

Dr. Minto Basahti, president-elect of the Alberta

Dental Association and College, joined Hoffman for the announcement. He seemed to take issue with some of the review's cost comparisons.

"Numbers can be tweaked however you like them," he said. "We acknowledge in Alberta that fees may generally be higher, but if you look at it across the board, it's probably no more than 15 to 20 per cent."

It does cost more for den-

tists to operate in Alberta. The review says hygienists are paid up to \$18 an hour more than in the rest of the country and assistants are paid up to \$10 an hour more. Costs for materials and rent are also higher.

The review presented the government with the option of changing the law to regulate costs, but it noted that could compromise patient care because "dentists may be pressured to focus on their dental

service fees."

Hoffman said the government decided to focus on a fee guide because it has worked in other provinces.

"We looked at what every other province is doing because certainly affordability is an issue in Alberta, in particular, and in no other province have they brought forward that level of precision," she said.

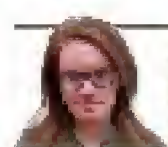
THE CANADIAN PRESS



You could soon be paying an additional tax on these if a group of disease experts has their way. KEVIN TUONG/FOR METRO

CHRONIC DISEASE PREVENTION

Time to tax soda, researchers say



Alex Boyd
Metro | Edmonton

A group of researchers devoted to tackling chronic disease is calling on the Alberta government to tax pop and energy drinks.

The Alberta Policy Coalition for Chronic Disease Prevention, made up of researchers and practitioners, recently surveyed 1,200 Albertans and found that 58 per cent supported a tax on sugar-heavy drinks as a way to reduce consumption.

They're pushing for an additional tax, of 50 cents per litre, on the sugary stuff.

Coalition co-lead Kim Raine, a professor at the U of A's school of public health, said taxes employed in other parts of the world have led to reductions in consumption of between 10 and 20 per cent.

"It is one means of many — it's not going to solve the obesity problem, that's for sure, and taxation is one policy that has been used in other jurisdictions."

Last month, the World Health Organization endorsed taxes on sugary drinks as a way to reduce health problems like obesity, Type 2 diabetes and tooth decay.

Four American cities recently voted in favour of the strategy.

Raine said many people end up switching to water instead of paying extra for pop.

"It's not a regressive tax, it doesn't put people at risk, because if you stop buying pop in most places in Canada you can get free drinking water."

She added that in economically challenging times, the province could also benefit from the additional revenue, which could be used to pay for nutritional programs.

Five years ago, the Coalition calculated that Alberta would make \$185 million from a 50 cent soda tax, assuming consumption decreased 20 per cent, and Raine said the figure is likely larger now.

Ipsos Reid surveyed Albertans on sugary drinks on behalf of the U of A's School of Public Health.

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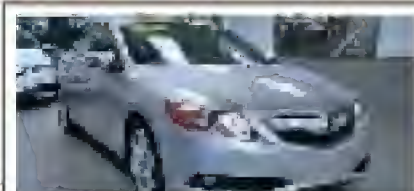
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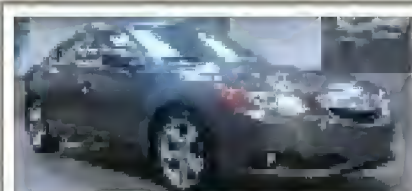
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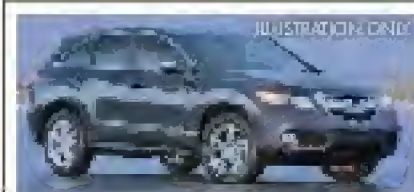
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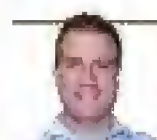


More than 8 in 10 Albertans say the wait times in provincial ERs are lengthy. About 72 per cent say their wait times are three hours or less. METRO FILE

'People think they're too long'

HEALTH

Information critical to alter view of wait times: Survey



Darren Krause
Metro | Calgary

Information could be the key to improving Albertans' perceptions of emergency room wait times, according to a new survey.

The survey, commissioned by the Alberta Medical Association for its albertapatients.ca initiative, shows a vast majority of Albertans say that their wait in provincial emergency rooms is long, but most indicated their personal wait times at ERs were between one to three hours.

Wait times in Alberta ERs have a direct impact on all aspects of a person's overall rating of provincial emergency rooms, essentially stating that the longer the wait, the less satisfaction with ERs.

More than 80 per cent of 1,350 people in an online research panel said their wait in Alberta ERs was either "fairly long" or "very long."

Meanwhile, when asked how long they or a loved one waited in Alberta ERs, 72 per cent said their wait was three hours or less.

"People's perceptions about the wait times at emergency rooms, a lot of people think they're too long — but their

perceptions aren't entirely in keeping with their personal experiences," said Albertapatients.ca research director Marc Henry.

The survey does show that improvements could be made with how information is passed along to potential patients — thus modifying their expectations with the intention of improving their perception of an emergency room visit.

"A lot of it has to do with expectations and the amount of information you get before and during your trip to an emergency room," said Henry.

According to the survey, seven in 10 people don't recall being given a wait time estimate when they were registered. Statistically, it was an even split between patients understanding that people are seen on a priority basis and those believing people are seen on a first-come, first-served basis.

Nearly 3 in 4 respondents also said their assessed priority level wasn't communicated to them by a nurse or medical staff member.

ER doctors do recognize the need for improvement, but indicated that prospective patients also need to realize that even with added information, wait times could be a moving target and providing that information becomes a full time job for front line medical staff.

"It's a balance between giving (patients) the proper emerg care and giving the information they need about the wait," said Dr. Paul Parks, spokesperson for the Section of Emergency Medicine

+ SURVEY INFO

The survey was done with an online research panel of 1,350 people between Sept. 29 and Oct. 9, 2016. Weighted to reflect gender, age and region of Albertans who have used the health care system within the past year. This online survey utilizes a non-random sample; therefore, margin of error is not applicable. However, a probability sample of this size would yield a margin of error of +/- 2.7 percentage points at a 95% confidence interval.

for the AMA.

"The other challenge is we don't control our volumes or our inputs in any way... we don't have any say in what big motor vehicle collision or trauma that happens."

Parks said suggestions have been made to improve information flow, with talk of waiting rooms having posted average wait times for certain triage levels. Again, he said it always comes with the caveat that things change at a moment's notice.

Waiting, unfortunately, is part of emergency room care, Parks said, and the next step is figuring out what information patients need and how it can best be delivered to improve their emergency room wait time perceptions.

BY THE NUMBERS

58%

Without having information available to them, 58 per cent of respondents believed their condition to be more serious than others in the emergency department.

Half of people who responded said they have not gone to the ER with a condition requiring urgent care — the majority of those who avoided the ER cite wait times as the biggest reason for not going.

50%

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CRIME

Man charged over killing of teen

A Calgary man has been charged in the death of a Calgary teen over the weekend.

The 17-year-old victim was identified earlier this week as Ezzulddin Al-Ogaidi, who a friend described to Metro as a funny and caring young man who was like a brother to him.

Calgary police have charged Matin Hamid Ahmet, 21, with manslaughter and numerous firearms offences including careless use of a firearm and possession of a weapon obtained by crime.

Police told media Wednesday that they were called to a home on San Diego Way NE around 7:40 p.m. Saturday after a neighbour reported hearing a gunshot. Upon their arrival police found that home in darkness and it appeared no one was home.

On Sunday, after a tip from the public, investigators were led to a home in Dover, where it became apparent a fire had

+ APPEARANCE

Matin Hamid Ahmet, 21, is scheduled to appear in court Dec. 15.

been used in attempts to conceal evidence.

The body of Al-Ogaidi was discovered by CPS Monday near Morley.

Insp. Don Coleman said police had located firearms over the course of their investigation, and are running tests to see if they were used in the crime.

Also facing charges in the death of Al-Ogaidi are Ahmed Abid, 24, Mohammed Khalil, 28, and Ashraf Jase Ajil, 23, all charged with accessory after the fact to murder.

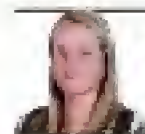
Anyone with information is asked to contact police or Crime Stoppers.

LUCIE EDWARDSON/METRO

Students bring holiday spirit to those in need

ADOPT A TREE

Annual drive decorates trees for families fleeing violence



Lucie Edwardson
Metro | Calgary

Rockin' around the Christmas trees at Western Canada High School this week were students, busy sprucing up some coniferous beauties to brighten the holidays for families fleeing domestic violence.

For the fifth year in a row, the WCH leadership committee is supporting the Brenda Strafford Society Adopt a Family program. Groups of students "adopted" a tree, decorated it and asked their peers to donate money to the cause.

They call it "the giving tree" initiative.

"It's really just special because the holidays are really about coming together, so seeing all different kinds of people come together to help one common good is really awesome to do," said Grade 12 student and leadership committee member, David Kebede.

Michelle Price, leadership



Cassidy Chapman, left, and Newsha Emami perfected their "giving tree" at Western Canada High School on Thursday. JENNIFER FRIESEN/FOR METRO

teacher at WCH, said the event makes her heart swell.

"I feel really proud our students can come together and do something that's not about them, it's about something bigger than them," she said. "They know that

there are people who are hurting and needy and have less than they have, and they want to do something about that."

Kebede said the event brings himself and his fellow students a lot of joy, too. They have spent nearly two weeks decorating trees and raising money.

He recalls delivering the trees last year.

"It's just so nice. Last year I delivered a tree to a little boy and he was just so excited for

it — and that was really special," he said.

Kebede said having visited the Brenda Strafford Society he knows the decorated trees go a long way.

"They really don't have much right now and their living spaces are very small," he said. "It's nice to give them something to brighten it up a bit."

The trees will be picked up and delivered to the families Friday.

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WORKFORCE

Scholarship helps women enter trades

Katerina Sanders is pursuing a career as an industrial insulator with the help of a new scholarship.

The second-year student at the Northern Alberta Institute of Technology (NAIT) in Edmonton is one of 15 women studying skilled trades who've been awarded a \$2,000 scholarship, through a partnership between NAIT, Unifor and Coca-Cola.

Katerina and the other 14 recipients were selected based on their academic achievement and

financial need, though all female students attending a four-year apprenticeship program at NAIT were eligible for the money.

"During my schooling, finances were tight," Sanders said. "If anyone has ever been on E.I. they know it is barely enough to survive. Between rent, bills and car insurance, everything adds up. I got by but definitely went further into debt. With this bursary, I am able to pay for my next period of training and catch up a bit."

The scholarship is designed to encourage women to enter the trades and become skilled professionals.

Women only compose a small portion of the trades workforce, according to Statistics Canada. In mining, oil and gas, utilities work, construction and manufacturing, women make up a small portion of the overall workforce.

For Sanders, the scholarship is further motivation and encouragement to pursue her career goals.

"I've always been interested in the trades because they provide long-term careers," she said. "I got into insulating by literally cold calling different unions until I found [one] and they let me join."

This scholarship in Alberta is the second its kind. Earlier this year, Unifor and Coca-Cola announced a similar scholarship for women enrolled in skilled trades at Sheridan College's Centre for Advanced Manufacturing and Design Technologies in Brampton, Ontario. SARAH HOYLES/FOR METRO



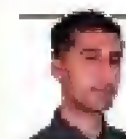
Samuel Reid's mirror system reflects light into a solar panel.

JENNIFER FRIESEN/FOR METRO

A better solar panel

TECHNOLOGY

Mirror system doubles energy gathering



Aaron Chatha
Metro | Calgary

Alberta's sustainable energy practices are getting an upgrade, thanks to the newly created Lumenarx concentrated photovoltaic racking system.

That's a complicated way of saying solar energy harvester.

Samuel Reid, co-founder of Geometric Energy in Calgary, helped design the device, which takes a familiar looking solar cell and flips it upside-down – away from the sun.

The sunlight is then reflected by a series of carefully calibrated mirrors, which reflect the light into the solar panel. The system is more efficient than your traditional panel set up, which positions the cells at a 90-degree angle and is at peak efficiency around noon.

"In the morning and before night, (Lumenarx) is able to concentrate and get the energy more efficiently," said Reid.

The Lumenarx is bouncing

light from as many angles as possible throughout the day – meaning your average solar cell is collecting twice the energy in the same amount of time.

The idea originally occurred to Reid during a flight from Mexico.

"I thought of a field of sunflowers that follows the sun, essentially," he recalled. "I imagined time lapses on Planet Earth."

"I imagined creating an artificial sunflower that follows the sun."

His first design was more of a cylinder with a different mirror system.

From there, it evolved into more of a cube shape, before finally settling in its current iteration. It took about three

years from the original concept to become the finished, mathematically-optimized system.

Reid hopes the system will be used in agriculture, mining

and oil and gas as a hybrid system to offset diesel or liquefied natural gas emissions.

It will also help people in rural areas, where getting access to power is tougher.

But first, the device is due for a field test, which Reid is planning to finish by February, in order to get the product to market by March.

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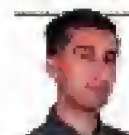


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Band melds magic and metal

SCENE YYC

Red Cain dabbles in sorcery with their music



Aaron Chatha
Metro | Calgary

It's that time of year again. There's a little magic in the Calgary band Red Cain's new album.

That magic actually comes courtesy of Peter Mohrbacher, a card artist for Magic: The Gathering, who agreed to let the band use one of his images for their self-titled EP, which released last week.

Half the band members are big fans of the card game, and recommended the artist to vocalist Evgeniy Zayarny.

"I went online and found him, and really loved this particular image. It was actually a new one he just created," said Zayarny. "I was able to get in touch with him and he was actually really gracious about



Red Cain just released their new, self-titled EP. COURTESY DM PHOTOGRAPHY

it. As a new band, obviously we didn't have a lot in terms of finance, but he was very accommodating and a really great guy."

Zayarny said the image, which is done in a surrealist, impressionist style, is emblematic of the band's own eclectic style.

For example, on one song the band might be combining thrash metal with dubstep, then switch to an extended track with lots of orchestration.

The band bills itself as a lethal vehicle for Faustian tales of war, love and sorcery, all clad in heavy metal.

But it's not always easy

“

We're trying to unify the scene.

Evgeniy Zayarny on building relationships with similar bands

building a local following for a lethal vehicle for Faustian tales of war, love and sorcery, all clad in heavy metal, so Zayarny's focus lately is building the community.

"The scene in Calgary is solid, but a lot of it is based on death metal or thrash. So we tried to get in touch with a lot of bands that sound similar to us," he said, referencing Red Cain's cleaner vocals and focus on melody. "We come out to their shows, and have them out. We're trying to unify the scene, get relationships with those bands and that's been a big reason why people are responding to us."

Red Cain's next show is on Jan. 7 at Distortion. Their album is now out on Bandcamp and iTunes.

Sign a lease at this event and receive a \$1000 rental credit on any new January or February 2017 lease.

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WEEKEND EVENTS LOTS TO SEE, AND DO, AROUND TOWN

Friday: Dashing through the Glow

Spruce Meadows ends their 2016 run series with an event to help Calgarians both enjoy the season and be active. Spruce Meadows will light up with 10-foot-tall Santas from all over the world, and life-sized snow globes. Runners can jog 2 KM or 5 KM, with free chili con carne at the end. For more information, visit sprucemeadows.com

Saturday: Elvis Costello

Elvis Costello headlines the Owen Hart Foundation's annual fundraising concert. The British musician has been on the scene since the 70s. He's won a Grammy Award and been named by Rolling Stone as one of the top 100 Greatest Artists of All Time.

For more information, visit owenhartfoundation.org

Saturday: Beauty Love Christmas

The Kinkonauts invite Pam Rocker — part of the Calgary band The Wrong Kind of Girls — on stage for their Christmas show. Rocker mixes her queer, feminist, ukulele style of comedy music with the Kinkonaut's improv style to tell tales of heartbreak, happiness and hope.

For more information, visit kinkonauts.com

Sunday: Sing-Along Messiah

Join the biggest choir in Calgary — headed by the Calgary Philharmonic Orchestra, the Calgary Philharmonic Chorus and you. Audience members sing along to Handel's Messiah. Bring your own score, or purchase one at the Jack Singer Concert Hall. For more information, visit calgaryphil.com

AARON CHATHA/METRO

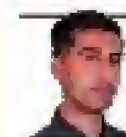


Major Minor does all ages events with a twist: Their next one involves punk rock music and bowling. COURTESY GLEN MURDOCK

Punk Rock Bowling for all ages

NON PROFIT

Major Minor works towards a music venue open to all



Aaron Chatha
Metro | Calgary

Graham Mackenzie heads up Major Minor, a Calgary non-profit that organizes all-ages music events in the city.

They always try to throw in a little twist — their next event involves bowling — with the ultimate goal to one day open an all ages venue in Calgary.

Punk Rock Bowling takes place Dec. 10 at Paradise Lanes on 17 Ave SW, with local bands playing from 8 p.m. to Midnight.

Why does Calgary need all ages music events?

The thing is, we had an all ages venue a few years ago called the New Black Centre. It was in Inglewood, it ran for about five years and then it wasn't able to get proper funding from the government or the community, and I thought that was a huge shame.

If there's a venue just for opera, there should be a venue for all ages.

If people are talking about equality, access and the year of music, it seems a shame there isn't a place that's accessible to all.

A venue would provide something the city needs, and will also get people who don't have access or might not know where to look a place to go.

What's makes the Punk Rock Bowling event worth checking out?

It's based on an independent record company in the States called BYO, who has an annual party in Vegas and we're doing our local version, with local bands, to try to raise money.

The majority of the Major Minor shows last year were free, so now we're trying to raise more money to have more free shows.

Beer kind of funds a lot of live music, but with all ages shows, the margins are really tight.

So, Punk Rock Bowling is awesome because everyone can come, but the bowling alley can give us a deal because they're licensed. It's kind of the best of both worlds.



Punk Rock Bowling is awesome because everyone can come, but the bowling alley can give us a deal because they're licensed.

Graham Mackenzie

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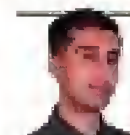


Ryan Ferrier has worked on *Deadpool* and *Godzilla*, but is now back for another round with his favourite original character: **D4VE**. JENNIFER FRIESEN/FOR METRO

Comic imagines a robot election

BOOKS

D4VEOCRACY takes place after the fall of humanity



Aaron Chatha
Metro | Calgary

Ryan Ferrier's neighbours will be forgiven for thinking he shares his apartment with a robot named D4VE who's in the midst of an identity crisis.

In truth, Ferrier just talks to himself.

A lot.

See, the Calgary comic book writer, who has worked on titles like *Deadpool* and has an upcoming arc on *Ninja Turtles*, is prepping the latest release in the adventures of his favourite original character: D4VE.

D4VE is a former defence robot living in a time where humanity has fallen, and robots essentially rule the Earth — but

they've become pretty docile and passive. D4VE himself can't stand his soul-sucking day job (assuming robots have souls — but that's a whole other debate), and he's hit a bit of a mid-life crisis.

"I wrote it at a very important time in my life when I had a day job, I wanted to do comics, and it was kind of killing me inside," Ferrier said. In his world, robots have taken on the worst aspects of humanity.

"People see it as a robot, post-futuristic world, but it's actual very human. That's the point of the book, it's an incredible spotlight on humanity."

He's actually working on D4VE's third series now — and this time things are getting political. D4VE is running for president, but unfortunately an app startup has literally created the perfect political rival.

The book is sort of a reaction to 2016, and the recent U.S. election.

As a Canadian, he has a unique voice on the topic —

close enough to see the results, but not having to worry about his personal rights being affected.

As a comic book writer, finding the right voice is his domain. This is where the talking to himself part comes in. Ferrier said about 70 per cent of the work is done by the artist, so, since 2008, he's been filling that other 30 per cent with unique, well crafted voices for each character.

And you can't nail a voice in print if you can't speak it out loud.

"You read a comic sometimes and think, that doesn't sound real," Ferrier said. "So, it's a constant saying it to yourself, putting yourself in the shoes of the character, to be as genuine and heartfelt as you can. It's a craft, I work seven days a week, 18 hours a day to make my dialogue better."

D4VE's next adventure, *D4VEOCRACY*, hits comic book stores Jan. 18. You can follow Ferrier's projects on Twitter @ryanwriter.


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Aime Hutton was smaller than a size eight shoe, like the one shown here, when she was born. JENNIFER FRIESEN/FOR METRO

Skin-to-skin contact critical for preemies

HEALTH SERVICES

Woman born prematurely advocates for kangaroo care

Elizabeth Cameron
For Metro | Calgary

Aime Hutton was given 24 hours to live when she was born.

Hutton, now 40, was born at 26 weeks gestation in Ottawa, weighing just one pound, 12 ounces.

Her first dress was smaller than a size eight shoe.

"They really thought I wasn't

going to make it," she said.

Against all odds, Hutton kept growing. She spent a total of 11 weeks at the NICU.

Metro recently reported on the baby cuddling program at the NICU at the South Health Campus in Calgary, which Hutton said would have been of great benefit to her.

"My dad would reach in through the isolette and use his finger to touch my head," Hutton said. An isolette is an incubator for premature babies.

Hutton said skin-to-skin care, or "kangaroo care," wasn't common practice when she was born in 1976.

Kangaroo care was developed in the 1980s, almost by accident.

NICUs were running out of isolettes for premature babies,

according to Aalice Lind, a clinical support nurse at the NICU in the Alberta Children's Hospital.

To deal with the shortage of isolettes, parents were encouraged to hold their babies to free up space.

Doctors and nurses noticed that the condition of babies who were held regularly by their parents improved dramatically.

"Babies who had been held every day by their parents had increased weight gain, and seemed to develop better," said Lind.

She said it's now known that during a skin-to-skin cuddling session, babies release oxytocin, which lowers cortisol levels — also known as stress hormones.

"(Kangaroo care) calms the baby down, stabilizes breathing,

and they require less oxygen to be administered," Lind said.

Research supports that kangaroo care leads to more early discharges from the NICU and fewer infections in premature babies, she added.

"We certainly see that here (at the Alberta Children's Hospital) on a daily basis," said Lind.

Babies born at 26 weeks gestation in 2016 have a 75-85 per cent chance of survival.

When Hutton was born, she was given a zero-to-20 per cent chance of survival.

Hutton said cuddling programs designed for when parents cannot be there to hold their baby have made a world of difference.

"It blows me away how far we've come," she said.

ANIMAL CRUELTY

Humane Society seizing pets left in the cold

The Calgary Humane Society is considering prosecuting pet owners who leave their furry — and vulnerable — dependents out long periods in extreme cold temperatures.

and seizing pets who have been left outdoors without enough food, water or shelter from the elements.

"We have been run off our feet the last few days dealing

had to seize animals in these conditions is astonishing to me. We will absolutely consider prosecution in the egregious cases."

The maximum sentence in these cases is a \$20,000 fine and a lifetime prohibition from owning an animal.

The Humane Society urges owners to keep pets indoors during the cold, with only short periods out to exercise or do their business. Even breeds more acclimatized to the cold should be watched carefully and given heated water bowls

in proper housing to provide relief from the wind and cold.

The Calgary Humane Society is also asking Calgarians for help saving strays from the cold. METRO

"We will absolutely consider prosecution in the egregious cases." Brad Nichols

With the temperatures in the minus 20 Celsius range expected in Calgary for the next few days, officials have already been issuing warnings

with shelter calls as emergencies," said Brad Nichols, senior manager, Animal Cruelty Investigations.

"The fact we have actually

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Teen gives away birthday gifts

CHARITY

Children's hospital gets donations for sixth year



Jennifer Friesen
For Metro

Typically, strangers showing up to your teenager's birthday party is cause for concern.

But for 13-year-old George Boyce and his parents, it's just another year and another opportunity to make a sick kid's day a bit better.

When George was asked by his mom and dad what he'd like to do for his birthday six years ago, he had a peculiar idea: why not hold a skating party and donate all the gifts to the Alberta Children's Hospital (ACH)?

And George's (once peculiar) idea has grown legs longer than his own.

The first party brought in 52 gifts for the ACH, and last year that number hit 504. This Saturday he's going back to



George Boyce, 13, has been celebrating his birthday since he was eight years old by collecting birthday presents for children in need. JENNIFER FRIESEN/FOR METRO

Olympic Plaza to host his 14th birthday with the goal of bringing in 520 gifts.

"I like the joy that it gives people," said George.

"I feel joy. I don't get to see them open the gifts, but I just



I like the joy that it gives people.

George Boyce

imagine how I would feel to wake up and have something like that."

When George first planned the party, he had no friends or family at the children's hospital — the charity was just the

first name that popped into his head.

"At that age I didn't really know of any other charities," he grinned.

But the choice soon proved to have an even deeper meaning.

George had always been an avid hockey player and, just a year ago, the family discovered one of his teammates had suffered burn injuries and had previously received one of George's gifts while in treatment.

"They come to the event every single year," said George's mom, Gillian. "They started coming before we even knew what happened. Finally (George's teammate's mother) said that the reason they come every year is because (her son) has seen first-hand what that can mean. I was so moved."

George will be hosting his birthday party at Olympic Plaza on Saturday at 1 p.m. Everyone is welcome, and all guests need is a pair of skates and an unwrapped new toy for a child aged zero to 17.

"I hope other people see things like this and feel like maybe they could do something giving too," said George.

EAST VILLAGE

Area now safer with new zone

Elizabeth Cameron

For Metro | Calgary

East Village recently hit a milestone — the community's first playground zone.

The playground zone, located on 6 Street SE alongside Fort Calgary, came into effect on December 2.

"It's something to celebrate — we've got children back in East Village after many generations," said Druh Farrell, city councillor for Ward 7. "There's a new community garden and natural playground there, so it's teeming with little kids."

The councillor said East Village has an age-diverse population, with lots of seniors and young families.

Many drivers cut through East Village to avoid construction areas and closures downtown, according to Farrell.

"We've had a number of concerns from residents about the traffic in their neighbourhood, so this will make it more safe and comfortable for everyone," she said.

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Viola Desmond to feature on \$10 bill

MONEY

Activist defied rules and sat in 'whites-only' section

It had been some time since Viola Desmond last visited the cinema.

The hairdresser and entrepreneur opted to sit close to the front of the theatre; her poor eyesight made it difficult to see from the balcony, the section where black people were expected to sit in those days.

"She wanted to see a movie," Wanda Robson, 89, said Thursday as she recalled the historic day in 1946 when her older sister chose to defy the rules and sit in the Nova Scotia theatre's "whites-only" section.

Given all that followed, Robson said, Desmond would have been honoured to see herself on the \$10 bill — a tribute that will make its debut in 2018 when she becomes the first Canadian woman to be celebrated on the face of her country's currency.

"Viola Desmond's own story reminds all of us that big change can start with a moment of dignity and bravery," Finance Minister Bill Morneau said as he unveiled the choice during a news conference in Gatineau, Que.

"She represents courage, strength and determination—qualities we should all aspire to every day."

Desmond is often described



Wanda Robson speaks about her sister, Viola Desmond, on Thursday. Desmond will be the first Canadian woman on a Canadian banknote. ADRIAN WYLD/ THE CANADIAN PRESS

as the Canadian version of Rosa Parks, although her act of defiance and subsequent arrest took place much earlier and in a much more spontaneous way than the historic 1955 events of Montgomery, Ala.

She had found herself with some rare time off from her business running a barbershop and hairdressing salon with her husband, and decided to catch a movie at what turned out to be a racially segregated theatre in New Glasgow, N.S.

"She said, 'I stretched out and I was just getting comfortable, and

I thought, 'Oh, this is nice, and I won't worry about anything,' and then this usher came up and told her she couldn't sit there," Robson said in an interview.

Desmond was arrested and fined. Her decision to fight the charges in court inspired later generations of black people in Nova Scotia and the rest of Canada. The Nova Scotia government granted her a posthumous pardon in 2010.

Despite long-standing comparisons to Parks, the U.S. civil rights hero who refused to give up her seat on the bus to a white

passenger, Desmond's story received little attention until recent years.

Unlike Parks, who was part of an well-organized protest movement seeking its day in court, Desmond's act was a singular act of courage, he added.

Desmond would have wanted no part of that anyway, said Robson. Activists pressed Desmond to take up their cause, but she preferred to make it her "life's mission" to be a hairdresser and mentor to other black women who were turned away from other salons. THE CANADIAN PRESS

ELECTIONS

Canada's long reform history

If you think Prime Minister Justin Trudeau will keep his repeated promise to change the voting system before the next election, consider this: Ottawa has flirted with reform for almost a century — at least eight reports on the way we vote federally have been produced since 1921, each recommending some form of change.

And yet, the more things change, the more they stay the same.

But some Canadian jurisdictions have managed to toss out the voting system we inherited from Britain, where the person who receives the most votes in each riding gets elected. Aside from a smattering of municipalities that have experimented over the years, Manitoba and Alberta had alternatives to this



Minister of Democratic Institutions Maryam Monsef in the House of Commons on Monday. FRED CHARTRAND/THE CANADIAN PRESS

First-Past-the-Post (FPTP) system from the 1920s to the 1950s. So did British Columbia for elections in 1952 and 1953.

It's a little-known history that political scientists and advocates for reform say is worth dredging, given the current brouhaha over electoral change in the capital.

"I think it's a fascinating story, very instructive," said Dennis Pilon, a York University professor who studies the history and politics of electoral reform. His big takeaway: "It's not about principle; it's not about values — it's about power."

TORSTAR NEWS SERVICE

Biden urges Trudeau to be a stalwart in new world

U.S. Vice-President Joe Biden called on Prime Minister Justin Trudeau to be a defender of the international "rules of the road" to help shepherd the world through a period of deep uncertainty. Biden delivered that message in a stirring speech at a state dinner in his honour in Ottawa on Thursday night.

Biden didn't mention president-elect Donald Trump by name but made veiled references to the uncertainty gripping Europe and the United States since Britain's decision to leave the European Union and the recent presidential election in his own country.

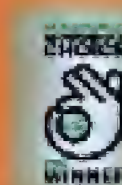
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First Nation seeks title over downtown Ottawa

LAND CLAIM

Includes islands, Parliament, museums

An Ontario First Nation has filed a lawsuit seeking aboriginal title over much of downtown Ottawa, including Parliament Hill.

"The Algonquin Anishinabe Nation has never surrendered its title to the Kichi Sibi lands," says the band's statement of claim filed Wednesday in Ontario's Superior Court.

The claim includes islands in the Ottawa River, as well as a long portion of its south bank that includes Parliament, the Supreme Court, the National Library and the Canadian War Museum. It stretches southwest along the river to include LeBreton Flats, federally owned land that is the proposed site for major new developments that could include a new hockey arena for the NHL's



Joggers make their way through Majors Hill Park in downtown Ottawa in view of Parliament Hill on Wednesday, March 17, 2010. An Ontario First Nation is seeking aboriginal title over much of downtown Ottawa, including Parliament Hill. The claim was filed yesterday in Ontario's Superior Court. THE CANADIAN PRESS

Ottawa Senators.

That proposed development is a key reason why the lawsuit has been filed now, said Eamon Murphy, lawyer for the Anishinabe.

"These LeBreton lands, for the very first time in well over a hundred years, are vacant (The band is) looking at them and saying these lands have been occupied for a very long time — it's now time that our title's dealt with before the next project happens and the lands are sold off again."

The band argues that the Anishinabe once used the land for fishing, hunting, farming and camping. It maintains the band not only used those lands, but controlled who had access to them.

"The Algonquin Anishinabe Nation controlled occupation and use of their lands ... through a variety of means which included arrangements for temporary possession, but also, in the absence of an arrangement, sanctions of increasing severity up to and including death to any invader."

The statement of claim says that, although the band signed agreements with various other First Nations and European countries, all those agreements were made on the basis of the band retaining its land. Since then, the band says, Canada has wrongly used and sold off that land.

"Canada and/or its agent (the National Capital Commission) have never compensated the Algonquin Anishinabe Nation for any of the federal interferences, either fairly or at all."

The lawsuit seeks to have the aboriginal title recognized. It also seeks negotiations with both the federal government and the province of Ontario, which is also named in the suit.

THE CANADIAN PRESS

CLIMATE CHANGE

Separate meetings

Indigenous leaders are frustrated they've been invited to a separate meeting with the prime minister on Friday ahead of his climate change discussions with the premiers in Ottawa.

Natan Obed, the president of the national Inuit organization, said Thursday it has been "frustrating and problematic" the way provinces and territories have been engaging with indigenous leaders in advance of the first ministers meetings.

Indigenous people should be directly involved in the climate change talks, he said, calling such inclusion critical in what the federal Liberal government describes as a time of renewed reconciliation.

Climate change hurts the Inuit way of life, he added.

"There are parts of first ministers meetings that are specifically between provinces and territories and the federal government and that's fine, that's fair," Obed said.

"But for anything that affects our rights, that is about us, it doesn't make any sense for the first ministers to consider solutions and decide on solutions on our behalf without us in the room." THE CANADIAN PRESS

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My intel was wrong: Pizza shop suspect

WASHINGTON

Friends, family describe him as a well-meaning father of two

The man accused of firing an assault rifle inside a Washington restaurant said he regrets how he handled the situation but refused to completely dismiss the false online claims involving a child sex ring that brought him there.

"I just wanted to do some good and went about it the wrong way," Edgar Maddison Welch, who's been jailed since his Sunday arrest, told the New York Times in a Wednesday video conference.

Welch, 28, told the newspaper he started driving to Washington from his Salisbury, N.C., home intending only to give the Comet Ping Pong pizza restaurant a "closer look." But while on the way, he said he felt his "heart breaking over the thought of innocent people suffering."

Welch would not say why he brought an AR-15 into the pizza shop and fired it, the newspaper reported.

Asked what he thought when he found there were no children in the restaurant, Welch said: "The intel on this wasn't 100 per cent." But he would not completely dismiss the online claims while talking to the newspaper, conceding only that there were no children "inside that dwelling."

Welch appears to have lived an aimless life that became turbulent in the weeks before he was drawn to the nation's



Edgar Maddison Welch surrenders to police on Sunday. THE ASSOCIATED PRESS

capital by a fake news story.

Friends and family say he is a well-meaning father of two girls who wanted to be a firefighter. But he also unnerved some with his religious fervour and sometimes had trouble detaching himself from the internet.

In the weeks before his arrest, there were other signs of turbulence. In late October, Welch struck a teenage pedestrian with his car in his hometown, requiring the boy to be airlifted to a hospital, according to a police report that said he wasn't immediately charged. More recently, days before he drove to Washington, he was dropped from the rolls of a volunteer fire department.

In past years, he was con-

victed of drunk driving and minor drug charges. But the one constant, friends and family say, was his love for his two daughters.

“
He’s not a vigilante, by no check of the words.

Tajuana Tadlock,
Edgar Welch's aunt

"He's a father and a very loving man, very concerned about children," said his aunt Tajuana Tadlock, adding: "He's not a vigilante, by no check of the words."

Tadlock said Welch's parents haven't been able to talk to him to ask what he was thinking, and the family's only information comes from the news and the public defender.

In Washington, court documents say Welch fired an AR-15 rifle multiple times inside the restaurant but later exited with his hands up. He told police "he had read online that the Comet restaurant was harbouring child sex slaves," and he wanted to investigate.

On Thursday, a judge delayed a preliminary hearing for Welch. His public defender requested the delay, saying she needed more time to investigate the case. He will be back in court Tuesday. THE ASSOCIATED PRESS

The world bids Godspeed to John Glenn



John Glenn GETTY IMAGES

John Glenn was the ultimate all-American hero.

He was the first American to orbit the Earth, a war-hero fighter pilot, a record-setting test pilot, a longtime senator, a presidential candidate and a man who defied age and gravity to go back into space at 77. What made Glenn was more his persona: He was a combat veteran with boy-next-door looks, a strong marriage and nerves of steel. Schools were named after him. Children were named after him. His life story of striving hard, succeeding, suffering setbacks and high-flying redemption

was as American as it gets.

His life lived up to the famous send-off that fellow astronaut Scott Carpenter gave to him that February 1962 day, just before he became the first American to circle Earth in space:

"Godspeed, John Glenn."

John Herschel Glenn Jr. died Thursday at the James Cancer Hospital in Columbus. He was 95.

"We are more fulfilled when we are involved in something bigger than ourselves," Glenn said in 2009, echoing something he said 50 years earlier, in the NASA

press conference introducing him and the other Mercury 7 astronauts to the public after their selection:

"We are placed here with certain talents and capabilities. It is up to each of us to use those talents and capabilities as best you can," Glenn said on April 9, 1959. "If you do that, I think there is a power greater than any of us that will place the opportunities in our way, and if we use our talents properly, we will be living the kind of life we should live."

John Glenn lived that kind of life. THE ASSOCIATED PRESS



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Onus is on police to earn trust

Rosemary Westwood relocates from Canada to the U.S. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.



Something seemed to have snapped.

By the time Louisiana Sheriff Newell Normand got behind the podium this week to announce manslaughter charges in the high-profile shooting death of football player Joe McKnight (formerly NFL, recently CFL), it appeared as if years of Black Lives Matter activism, the ensuing scrutiny of police and attacks against police, and the swampy tone of internet debate had combined to tip him over the edge.

It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter three days after police let him go — even though Gasser had admitted to shooting McKnight, a black man, to death, in a road rage incident just outside New Orleans. But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation, existential dismay at the state of his community,

and a plea to respect police and the justice process in Louisiana.

It was unusually instructive, too, on a far deeper level than who was charged with what, both for what Sheriff Normand said, and what he did not say. For a 44-minute microcosm of the colliding issues around race, the Internet and policing in this America, you couldn't do much better.

At times, Normand's fist pounded the podium, and he berated national and local crit-

"black-on-black" crime, not road rage. He said Louisiana's "stand your ground" laws, which permit lethal self-defence, made the case tricky, and was incredulous that black-rights activists like the NAACP were not content to trust his officers to do their job in investigating McKnight's death.

"It's not even really anymore about this case. It's about all the other cases that are yet to come," Normand said, getting

ly the kind of ingrained racism that breeds disproportionate fear and hatred and requires no explicit slurs in order to raise the risk of violence.

"We better reflect and look at ourselves in the mirror and decide: What are we going to be about in our community? Are we going to continue to tear ourselves apart?" he asked, apparently unable to see that policing in Louisiana isn't exactly a model of community outreach.

This state has the highest incarceration rate in the U.S. New Orleans has a chronically underfunded public defender's office. Normand's own police force has been criticized for jailing school kids — and black kids in particular — at the highest rate in the state. And black people, and black men and boys in particular, are over-represented across the criminal system. Normand might not like it, but optics matter. He might not like it, but onus isn't on the people to trust police, it's on police to earn that trust. And the critics aren't going anywhere.

It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter ... But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation.

ics of his investigation and of the elected officials who supported his police force. "Shame on you!" he said. He quoted at length, and without censoring, the vulgar, racist and anti-gay comments directed at those officials (MSNBC had to drop its live coverage). He said black men should be more afraid of

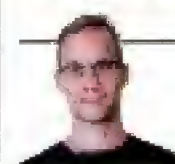
it only half right. Uproar over police actions across this country is also about all the cases that came before.

"This isn't about race. Not a single witness has said, up to this day, that there was one racial slur uttered during the course of these events," Normand said, ignoring complete-



The Sacre Coeur Basilica and the Paris skyline seen through a haze of pollution. AP/GETTY IMAGES

Paris grappling with winter pollution



Andrew Fifield
Metro | Toronto

Parisians are currently enduring the worst winter air pollution to hit the city in at least a decade, and authorities are cracking down on cars to tame it.

Public transit has been free for everyone since Tuesday and only vehicles with odd-numbered plates are allowed to enter the city's core. On Tuesday, it was drivers with even-numbered plates who got to take their turn.

Of course, not everybody took up the offer of a free ride

to work. Nor would they be told they couldn't drive their vehicle downtown. More than 1,700 drivers were fined for violating rules intended to ensure their neighbours might have a chance to breathe some clean air sometime in the near future.

Like many measures of environmental quality, air pollution has been a hot topic in 2016.

London Mayor Sadiq Khan declared his city's first air pollution alert last week. Beijing's notorious pollution has triggered repeated warnings, and Delhi closed schools, halted construction and restricted traffic in response to a pollution emergency.

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Syrian residents fleeing the violence gather at a checkpoint in Aleppo. AFP/GETTY IMAGES

Russia says ceasefire, but locals disagree

SYRIA

Bombing goes on in Aleppo, according to residents

Russia said the Syrian army was suspending combat operations in Aleppo late Thursday to allow for the evacuation of civilians from besieged rebel-held neighbourhoods, but residents and fighters reported no let-up in the bombing and shelling campaign on the opposition's ever-shrinking enclave.

Russian Foreign Minister Sergey Lavrov, speaking in Germany

after talks with U.S. Secretary of State John Kerry, said military experts and diplomats would meet Saturday in Geneva to work out details of the rebels' exit from Aleppo's eastern neighbourhoods, along with civilians who were willing to leave the city.

However, opposition activists said there was no halt to the government offensive.

"Battles are intense," said a message from a rebel operation room shared with The Associated Press. Other residents reported warplanes firing from machine-guns at rebel positions and artillery shells falling in the remaining rebel-controlled districts.

In Washington, State Department spokeswoman Elizabeth



Battles are intense.

Opposition activists sum up activity in the city

Trudeau said the U.S. was focused on de-escalating the violence in Aleppo to allow aid into the city and enable people wishing to stay in their homes to do so.

She said Kerry and Lawrov continued talks on Thursday with the goal of securing a cease-fire and the "safe departure of those who wish to leave the city." She said details of Saturday's U.S.-Russian technical discussions in Geneva were still being worked out.

The Syrian government has dismissed a proposal for a cease-fire put forward by the rebels Wednesday.

On Thursday, opposition activists reported intensive bombing in the al-Sukkari and Kallaseh neighbourhoods still under rebel control.

Al-Sukkari, in the southern part of eastern Aleppo, has become home to the majority of the displaced civilians who stayed behind. Footage by the Syrian military showed intensive shelling of Bustan al-Qasr, a frontline neighbourhood that links the rebel-held eastern and government-controlled western parts of the divided city.

THE ASSOCIATED PRESS

SOUTH KOREA

President facing vote on impeachment

South Korean President Park Geun-hye entered what could be her last day in power Friday, as lawmakers geared up for what's widely expected to be a successful impeachment vote amid a corruption scandal that has left her isolated and loathed.

The opposition feels confident that they'll get an impeachment Friday, the last day of the current parliamentary session, because dozens of members of Park's ruling party have said they'll vote against the woman who was once their standard bearer.

Once called the "Queen of

Elections" for her ability to pull off wins for her party. Park in recent weeks has faced millions of South Koreans who have taken to the streets in anger over what prosecutors say was collusion with a longtime friend to extort money from companies and to give that confidante extraordinary sway over government decisions.

Her approval ratings have plunged to 4 per cent, the lowest among South Korean leaders since democracy came in the late 1980s, and even elderly conservatives who once made

up her political base have distanced themselves from her. An opinion survey released Thursday showed about 78 per cent of respondents supported Park's impeachment.

If the impeachment vote happens Friday and passes, the country's constitutional Court will have up to 180 days to determine whether to formally end Park's presidency. During that time Park would be suspended as president but not removed, with her duties temporarily transferred to the prime minister.

Park's confidante, Choi Soon-sil, and two former presidential aides allegedly linked to the scandal have been indicted. Park, who has immunity from prosecution while in office, has refused to meet with prosecutors investigating the scandal.

Park, South Korea's first female president, would be the country's second leader to face an impeachment vote. In 2004, lawmakers impeached then President Roh Moo-hyun on allegations of incompetence and election law violations.

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Banks risk disruption

BANKING

Tech startups offer easier, cheaper ways to borrow, invest

It may not be much longer before bank branches join video-rental stores and record shops as relics of a bygone era.

Silicon Valley is pressuring banks to change their ways or risk becoming the latest industry overtaken by technology. Hundreds of financial technology, or "fintech," startups are offering easier and cheaper ways to save, borrow, spend and invest. They are doing it by shifting the battleground to smartphone apps and websites, which function as digital offices that are accessible around the clock with minimal staffing, and by lowering fees.

At this point, the fintech sector hasn't proven it can be a viable or trustworthy alternative to traditional banks and stock brokerages. Few of the startups have ever posted a profit, and one of the biggest, the Lending Club, is trying to recover from a breakdown that triggered the resignation of CEO Renaud Laplanche earlier this year.

Banks appear to be tackling the fintech threat by closing branches, laying off workers, pouring money into their own technology departments and even buying or teaming up with fintech startups.

TAKING THREAT SERIOUSLY

A survey of the financial services industry by the research



Vlad Tenev and Baiju Bhatt are co-founders of Robinhood, a stock brokerage that does not charge commissions for its customers to buy and sell shares. THE ASSOCIATED PRESS

firm Gartner Inc. found that 70 per cent of respondents considered fintech startups to be a bigger threat than their traditional rivals. With their guard up, the much bigger banks are more likely to drive many of the fintech startups out of business if they don't acquire them first, says Gartner analyst Rajesh Kandaswamy.

BIG, BOLD APPROACH

Robinhood, a stock brokerage, does not charge any commissions for its more than 1 million customers to buy and sell shares. To make money, it recently introduced a \$10 monthly service that allows trading when the stock market is closed and offers higher borrowing limits.

At Affirm, an online lender, CEO Max Levchin — a co-found-

er of PayPal — has raised \$525 million to back Affirm's focus on consumers who do not like or cannot get credit cards. Affirm has developed its own formula to identify borrowers able to repay loans in equal installments in time frames ranging from three months to one year. Affirm also refuses to charge fees for late payments.

CUSTOMERS NOT SOLD

Although many consumers rarely expect big banks to act in their best interests, they typically consider them to be a safer place to keep money because of their long histories in business. Like the big traditional banks, most digital-only banks also offer government-backed insurance on deposits, but that is not enough to overcome lingering doubts about

their long-term prospects.

Lending Club, for instance, has been operating under a cloud since revealing that paperwork for \$3 million in loans had been falsified under Laplanche's leadership.

INVESTORS SKEPTICAL

Most fintechs are still mining venture capitalists and other financiers as they try to gain a foothold. Even some of those investors believe fintechs may be underestimating the degree of difficulty facing them.

A YOUNG MARKET

Fintech's target market so far has been the millennial generation, the 18- to 34-year-olds who typically have a deeper attachment to their smartphones than any bank.

THE ASSOCIATED PRESS

TRENDS

'Greenery' picked as colour of year

Amid social, political and environmental tumult around the world, the Pantone Color Institute on Thursday plucked fresh and zesty "greenery" as the colour of the year for 2017.

The vibrant green with yellow undertones is an answer, of sorts, to bruising 2016, signalling a yearning to rejuvenate, and to reconnect to both nature and something larger than oneself, said Laurie Pressman, the institute's vice-president.

The team at Pantone, based in Carlstadt, New Jersey, scouts trends through the year in media, on runways and at trade shows around the world.

The colour "greenery" is in contrast to the soft, calm-inducing dual choices of "rose quartz" and "serenity" blue as the colours of the year for 2016.

In addition to the emerging recycle-and-share economies, we have green rooftops, green spaces and indoor vertical farming. In home decor, there's a

trend to connect with the elements outside through open spaces and vast windows, Pressman said.

On the industrial side, both Skoda and Mercedes showed bright green cars for 2017. For the kitchen, Pantone spotted its shade in appliances, including a Keurig coffeemaker, and in cookware.

And in fashion, menswear designers have played into the idea of gender fluidity through

prints and accessories of bright greens, along with the creators of womenswear and beauty products, ranging from the couture of Oscar de la Renta in a leaf-embellished gown to bright green shades for eyes, nails and lips.

Katy Perry, Kylie Jenner and Lena Dunham have all taken turns dying their hair bright green. Last year, a cologne from the Diana Vreeland brand came in green and was dubbed "Bold."

THE ASSOCIATED PRESS



MINING

SNC-Lavalin eliminating 405 more jobs in Canada

Engineering giant SNC-Lavalin is cutting another 405 jobs in Canada, citing weakness in the mining sector and ongoing efforts to boost its profit margin. The company will eliminate 186 positions in Montreal,

195 in Ontario and 24 in Saskatoon, and will close its office in Sudbury, Ont. This year, the company cut 950 jobs around the world, including 600 in Canada. That followed the elimination of 4,000 positions in 2014.

THE CANADIAN PRESS



NOTICE OF DELEGATE SELECTION MEETING FOR PCAA LEADERSHIP CALGARY-NORTH WEST

Date: January 25, 2017
Time: 7:15 p.m.
Location: Fellowship Hall - Northwest Family Church
 10307 Eamon Road NW, Calgary

If you want to become a delegate for the upcoming leadership convention in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to your DRO, Josh Traptow at jtraptow234@gmail.com by January 18, 2017 by 12:00pm (noon).

In order to be a delegate nominee or voting member, you must attend the meeting in person, meet all eligibility requirements and hold a membership for at least 14 days prior to the meeting date (11:59pm on January 10, 2017). As well, those wanting to be a delegate nominee will be asked to speak at the meeting.

More details available at www.pcalberta.org

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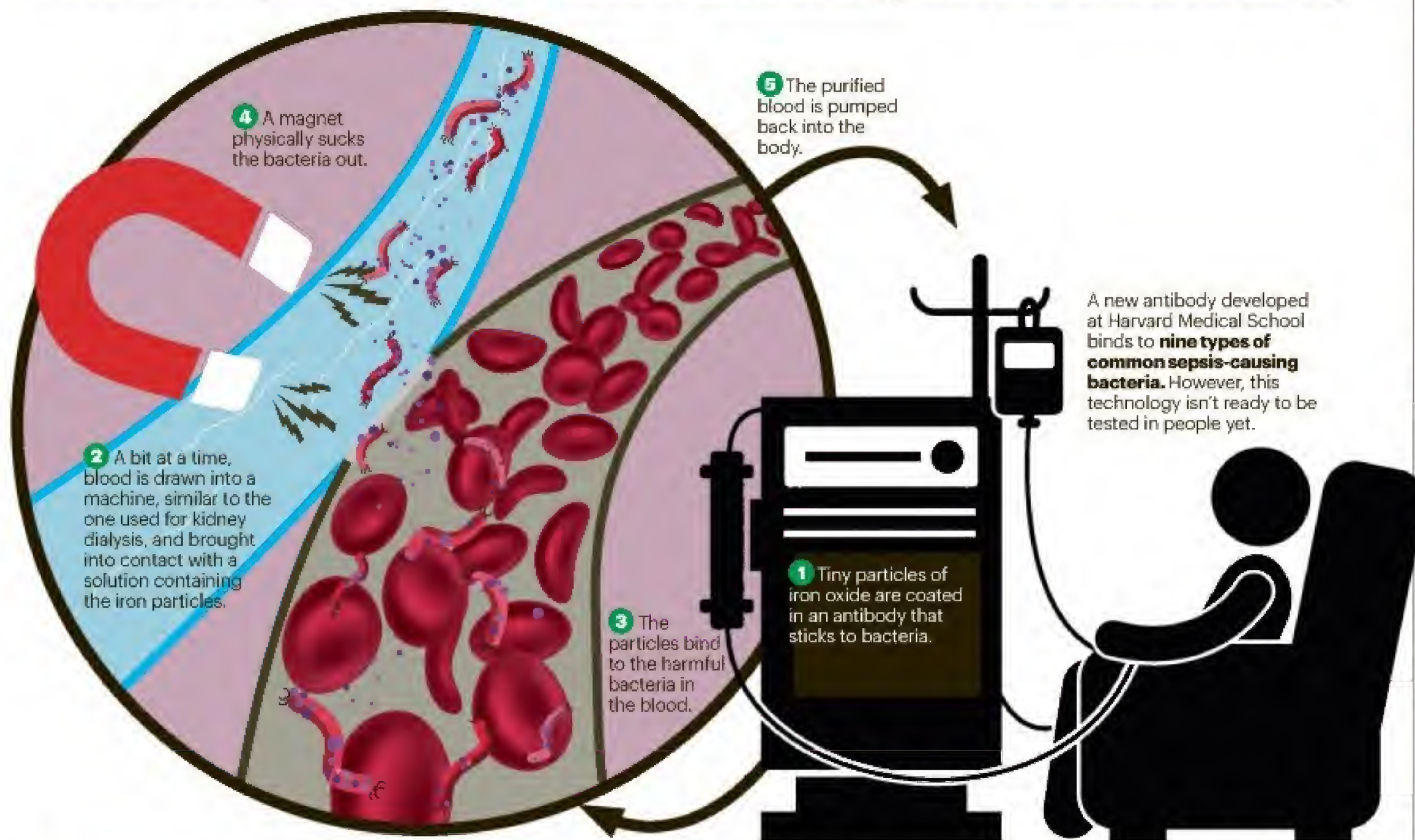
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DECODED by Genna Buck and Andrés Plana

AN ATTRACTIVE FUTURE TREATMENT

Emergency rooms see it every day: Someone with a very high or very low temperature and confusion. They're gasping for breath and going downhill fast. It's **sepsis**, when the immune system launches an all-out attack on an infection, but also damages healthy organs, leading to death in a third of patients. There's often no time to determine exactly which germ is responsible. Treatment is a truckload of antibiotics, life support and lot of hope. **Thanks to nanotechnology, there could soon be a better way.**



FINDINGS

Your week in science



REUTERS/TANG/WIKIMEDIA COMMONS

PRECOCIOUS POLLUTERS

Carbon dating of 7,000-year-old silt from the Jordan River has shown that Neolithic humans were polluting the water with copper back when they first learned to smelt.

D-N-Awful

Swedish scientists have discovered that a single gene mutation, which causes us to make more omega-3 and 6 fats, is linked to metabolic disease, rheumatism, bowel disease and several cancers. Before we started eating so many calories and so much fat, this may have been helpful.

SOUND SMART

SEQUELAE.

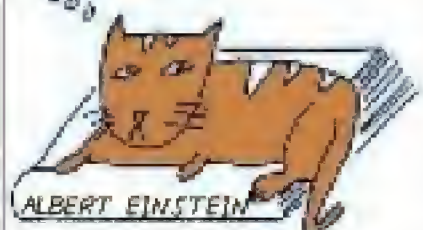
DEFINITION
Sequelae (singular: **sequela**) is the medical term for a condition or disease that happens as a consequence of a past one.

USE IT IN A SENTENCE

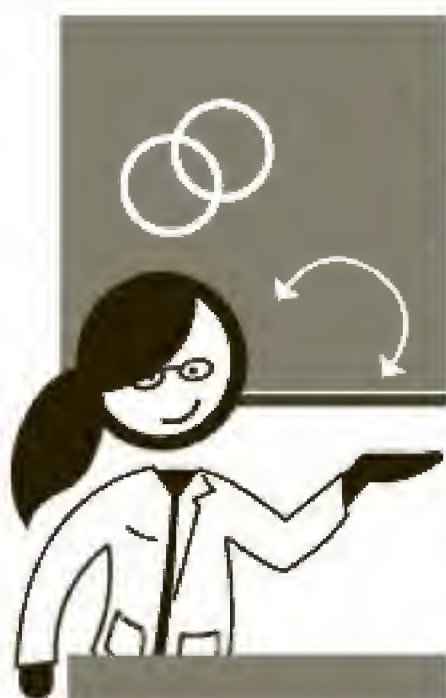
Deborah's smoking habit, even though she only smokes an average of one cigarette a day, puts her at a nine times greater risk of dying from lung cancer than a non smoker. Lung cancer is a known **sequelae** of nicotine addiction.

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CITIZEN SCIENTIST by Genna Buck

Why pseudoscience thrives on uncertainty

What are muscle knots? I have a nasty one in my neck. Depending on what you Google, they range from being filled with toxins to being fabrications of massage therapists' imagination. - Heather

Oh man, Heather. That was quite a Google pit you fell into. And now I'm down here with you. So let's find our way out!

First of all, though common, muscle knots are poorly understood. It's not even certain that they're one discrete thing, with a specific cause and progression.

Instead, they're defined by a set of symptoms. A knot is a tender area that may feel like a knob of hard tissue deep within a muscle. Putting pressure on it usually causes painful twitching and additional pain in a distant muscle. (Press the knot in your calf, and your foot seizes up).

One major theory says muscle knots are **myofascial trigger points**: bits of hypersensitive connective tissue that cause muscle to tense up painfully. A few imaging studies have found increased stiffness in areas where

patients say they have knots.

But recent research suggests the trigger point theory doesn't hold up. The diagnostic criteria are vague and variable. Plus, none of the treatments based on it seem to work better than a placebo: not the usual stuff, like injecting Botox or anaesthetic into the sore spot, and not unproven, New-Agey therapies like acupuncture or dry needling, either.

Some knots could be due to scar tissue from a tear or strain. Nerve swelling may be to blame. But there are no clear answers.

And when there's no clear cause or reliable treatment for a painful condition that affects many people, quacks and charlatans get visions of dollar signs dancing in their heads. Just look at the cottage industry of expensive supplements and dubious diets for irritable bowel syndrome.

The cure for this phenomenon is more research. I can personally assure you muscle knots are real. I just can't tell you what they are.

Science Question?
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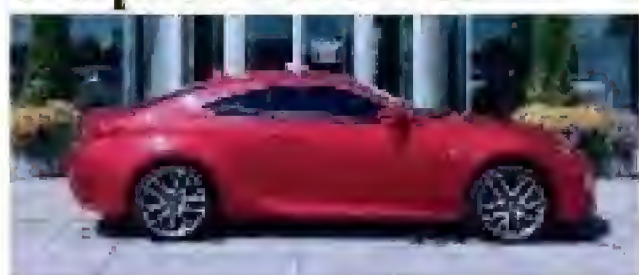
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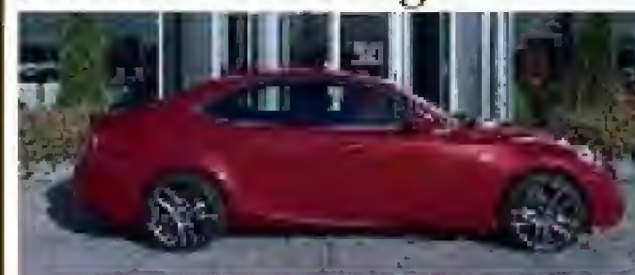
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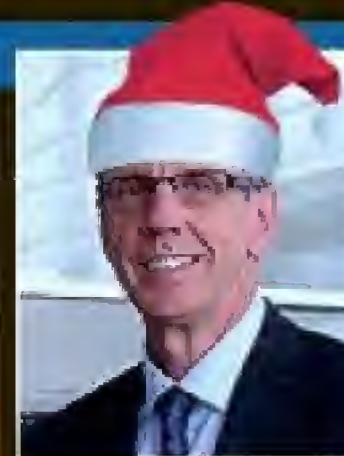
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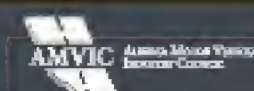


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Jessica Chastain ushers us behind the curtain of the most unscrupulous show in the United States — the lobbying industry — in *Miss Sloane*. CONTRIBUTED

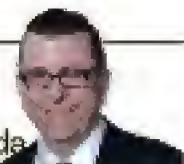
Washington is as dirty as ever

POLITICAL THRILLER

Miss Sloane is a look at the legal political graft system

Richard Crouse

For Metro Canada



This weekend Jessica Chastain stars in the political thriller *Miss Sloane*. The title refers to the lobbyist main character but the film could easily have been titled *Drain the Swamp*.

Made before Donald Trump became president-elect, it only takes about 20 seconds before the word "trump" crops up in the dialogue. He's never men-

tioned by name, but this look at "the most morally bankrupt profession since faith healing" paints exactly the ugly picture of behind-the-scenes machinations that Trump railed against on the campaign trail.

Chastain is Elizabeth Sloane, a sleep-deprived D.C. lobbyist "at the forefront of a business with a terrible reputation." She'll represent anyone, it seems, except the gun lobby, who offer her a lucrative contract, only to be laughed at and rejected.

Soon after she leaves her firm — one of the biggest in the country — to join a small, scrappy group who aim to whip up support for a bill that will demand background checks for all gun owners.

It's a new hot-button peek behind the curtain of a polit-



MOVIE RATINGS by Richard Crouse

Office Christmas Party	★★
Jackie	★★★★
Lion	★★★★
Miss Sloane	★★★
Manchester by the Sea	★★★★

HOW RATING WORKS

★★★★★	SEE IT
★★★★	WORTHWHILE
★★★	UP TO YOU
★★	SKIP IT

ical process, but Hollywood has been making *Drain the Swamp* movies for years.

The explosive *Advise and Consent* is based on former New York Times congressional correspondent Allen Drury's Pulitzer Prize-winning novel about the ratification of a secretary of state and the dirty little secrets people in public life must keep hidden. Political battle lines are drawn as a full frontal attack is launched on the character and credentials

of the new nominee.

Director Otto Preminger almost pulled off one of the great casting coups of the 1960s when he offered civil rights leader Martin Luther King Jr. a role in *Advise and Consent*. The mercurial director thought King would be perfect for the role of a southern senator, despite the fact that no African Americans were serving in Senate at the time. King gave the offer some thought, but declined fearing the backlash

and possible harm to the civil right movement.

More recently, in *The Ides of March* George Clooney (who also directed) played a Democratic Party candidate; the kind of guy who would make the top of Bill O'Reilly's head pop off. He's pro-ecology, anti-oil. He wants to tax the rich and legalize gay marriage. If he leans any further left he'll topple over.

Although Clooney has spoken out about many of these topics in real life, he didn't make a left-wing film. Instead he made a warts-and-all political movie about dirty dealings on the campaign trail.

The first hour is good stuff, great acting from Ryan Gosling, Paul Giamatti and Philip Seymour Hoffman and a fascinating, if occasionally dry

look at life in the political fast lane. Then comes the blackmail, the meetings in darkened stairwells and double-crossing journalists.

Finally *The Campaign*, a comedy starring Will Ferrell and Zach Galifianakis as incumbent congressmen, begins with a quote from former presidential hopeful Ross Perot: "War has rules. Mud wrestling has rules. Politics has no rules."

Neither does the movie; no rules or boundaries. These candidates go beyond the usual name-calling — "He looks like Osama Bin Laden" — to dirty tricks that would make Tricky Dick blush. It's a through-the-looking glass-vision of how politics works that features ambition, greed, corruption and even a candidate who punches a baby.

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Cost of being a woman in politics

THRILLER

Miss Sloane finds strong woman caught up in danger

Steve Gow
For Metro Canada



John Madden isn't afraid to admit it: He really admires women.

And it shows in the veteran filmmaker's oeuvre. From the Oscar-nominated Queen Victoria-biopic *Mrs. Brown* to the Oscar-winning hit *Shakespeare in Love*, he has crafted a career by considering the complexity of women.

"Almost every film I make ends up being about an empowered woman in a different way," stated Madden recently while promoting his latest thriller *Miss Sloane*.

"I mean, they are a superior race in my view. Precisely because the balance of emotion, intellect and drive is a balance that all men ought to aspire to and most can't or don't."

Certainly Madden's latest character, the titular *Miss Sloane*, comprises those commendable qualities, even if they are tested.

When the story's cutthroat lobbyist faces off against Washington's most ferocious power-brokers to take up arms against the gun lobby, she must pay the cost of being a woman of high authority in the political world.

"This piece is not trying to put forward feminist ideas, but nevertheless it's absolutely about female empowerment and all of the key characters moving forward are women," said Madden of the labyrinthine drama.

"The idea that she weaponizes herself and purges herself

MOVIES

Art imitates life, and the presidential campaign

Filed amidst the heated U.S. election, *Miss Sloane* took on new context in light of the gender politics that arose during the campaign.

"The film works in that way and I think that's a potentially very satisfying experience," said Madden.

"Gender politics and the political process itself became the obliterating issues of the presidential race, both of which are installed right at the centre of our film."



Toronto, D.C.?

Although set in Washington, *Miss Sloane* was filmed in Toronto. Keen eyes will surely recognize many familiar locations.

"Oh dammit, you weren't taken in!" laughed Madden,

who admits to filming in such venues as the Royal York Hotel.

"It's the most extraordinary thing we did."

"We shot the majority of the film in about four blocks of the core really."

of everything that makes her an incredibly effective political performer, and in the process connects with something she actually believes in, was quite an interesting story."

The thriller's empowerment theme wouldn't succeed without star Jessica Chastain either, who not only delivers a "virtuoso performance," but embraced the chance to tackle issues that are essential to her art.

"She seeks out roles that are very much defined by gender issues because she's very engaged in that world and I think she was fascinated by it polit-

ically," said Madden, who cast Chastain immediately after reading the script.

Having worked with her previously in the 2010 thriller *The Debt*, Madden realized only an actor as viscerally talented as Chastain could seize the soul of *Miss Sloane*.

"It has nothing to do with observable technique," said Madden of Chastain's incredible skill for such an intricate, tangled character.

"She has a way of actually deploying her intelligence and emotional intelligence in a way that simply emerges as behaviour."

“She seeks out roles that are very much defined by gender issues because she’s very engaged in that world.”

John Madden on Jessica Chastain



Jessica Chastain embraced her role in *Miss Sloane* because the issues of gender politics are very much a part of her experience as an actress. CONTRIBUTED

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Affleck had no time for chit-chat

INTERVIEW

Tour de force in Manchester by the Sea affirms actor's talents

Richard Crouse
For Metro Canada



As a man thrown into the depths of despair in *Manchester by the Sea*, Casey Affleck had to mine some deep emotional territory. He describes the process of playing a person who confronts his tragic past to working out at the gym.

"This is a bad analogy," he laughs. "You warm up into it before you do your heavy lifting."

Affleck is the core of the film. He's in virtually every frame and while understated, he bristles with feeling. It is a tremendous performance that never falls into morbidity as he skilfully keeps the

character alive, both physically and metaphysically.

Every day is a struggle for him and he deals with his trauma the only way he knows how, with blistering honesty and by drinking and fighting to feel something. There is emotional truth in every mumbled line, and letting that go at the end of the day was difficult.

"That is the experience I think most actors would describe having," he says. "I don't think it's unique or particularly committed or brave of me. It's what you have to do."

"You have to go there, show up on set and be prepared to play the scene with the right feelings, the way it is supposed to be. I'm just not good enough to show up in a great mood, say good morning to everybody, check in with the kids and read the paper and then walk into the scene and be believably gutted in the way he is supposed to be."

"He carries around all this

guilt, he's devastated and filled with self-loathing so I have to start way back in preproduction and try to slip into these bad feelings and stay there for as long as I can."

"If you just showed up and tried to walk through it or do anything but give 100 percent, you'd really look like a jackass. I didn't want to do that no matter what."

"It was a hard movie to

make but that is what I like about making movies. If you are just showing up and chit-chatting and having fun, that is not what is satisfying about making movies. It feels really good to be somebody else and live in some character's life, even if their life is tragic. Then you come out of it."

Manchester by the Sea isn't just an exercise in *Sturm und Drang*. It deals

with very real, very difficult human situations but does so with honesty and a great deal of unexpected humour and wisdom so not every day on set was filled with angst.

"Some of the what you think would be harder scenes to do, we just started and finished. Did they really quickly," Affleck says.

Others, like those with

Michelle Williams who plays his separated wife in the film, he says took longer.

"I would say the longest scene was when I come home to find her in the bedroom. It was one of the lightest, most pleasant scenes to do. Take my clothes off and straddle Michelle (Williams). 'One more please! Can we try something different here?' That scene took a long time."



Casey Affleck, above with Kyle Chandler, is at the core of *Manchester By The Sea*. CLAIRE FOLGER/ROADSIDE ATTRACTIONS/AP

“It was a hard movie to make but that is what I like about making movies. If you are just showing up and chit-chatting...that is not what is satisfying.” Casey Affleck

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Natalie Portman has gained the attention of critics for her portrayal of the iconic wife of President John F. Kennedy in *Jackie*. CONTRIBUTED

Capturing the essence of Jackie

ICON

Portman astounding in role as former First Lady

Steve Gow
For Metro Canada



Natalie Portman is certainly a favourite for an Oscar nomination with her latest performance — as Jackie Kennedy.

After all, the 35-year-old thespian has been winning accolades from the toughest

critics for her astounding portrayal of the endearing former First Lady in the eponymous new biopic, *Jackie*.

"It was the first time that I'd played a character that people know so well; they know exactly what she sounded like and how she moved," recalled Portman during a recent interview about the scrutiny of interpreting the iconic wife of President John F. Kennedy. "You could literally put the images side by side and play them at the same time and see how close I am — you can judge it that closely."

It's no surprise that the role has been viewed under a microscope either. For more than 50

years, the late-icon has been one of America's most admired women. But even as ubiquitous and well-known as Jackie may



It was the first time that I'd played a character that people know so well.

Natalie Portman

be, Portman admits her education was comprised of "a pretty superficial perception" until she began researching some

20 books in preparation.

"The fact that she coined Camelot was a surprise to me," said Portman of the favourable nickname graced upon the Kennedy presidency. "I always thought that was the press that had come up with that, but I hadn't realized she had named it herself."

Directed by acclaimed foreign director Pablo Larraín (No, Neruda), *Jackie* is much more than just focused on the superficialities of Jackie's quips or legacy as a fashion icon, however.

Instead, the Chilean auteur aimed to craft a distinctive character study of a conflicted First Lady in the wake of her

husband's 1963 assassination — a national tragedy and a mourning she shared with the public. It was this challenge that Portman found "definitely daunting but also nice to do something that you're totally scared of."

"Pablo is an incredible talent and I think he made something really special and unique," added Portman, who truly appreciates the skills of an adept director. "I feel like a lot of directors have their way of what they think they should be saying to actors and it really doesn't work the same for everyone. It's a very specific talent to be able to understand and intuit what an actor needs."

MOVIES

Glimpse into private life

The film explores the nuances of Jackie Kennedy's public and private sides in the immediate aftermath of the assassination of her husband as she plans the funeral, comforts her children and tends to her husband's legacy.

It's what compelled screenwriter Noah Oppenheim to make her the subject of his first script.

"I didn't feel like she had ever gotten enough credit for understanding intuitively the power of television, the power of imagery and iconography and her role in defining how we remember her husband's presidency," he said. THE ASSOCIATED PRESS

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Hilarious distraction from the mundane

INTERVIEW

A message to North America to take a break these holidays

Richard Crouse
For Metro Canada



In *Office Christmas Party* T.J. Miller plays Clay, a scattered office manager with a "mind like a drunk baby." In a last ditch effort to save his branch from closure he tries to woo a lucrative client by throwing a no-holds-barred Christmas party.

"This is the way we close Walter," says Clay. "We throw the best Christmas party he's ever seen. We could save everybody's jobs."

Miller leads an ensemble cast featuring heavy-hitters like Jason Bateman, Olivia Munn, Kate McKinnon and Jennifer Aniston but he doesn't want to talk about that. Not right away, anyway.

Instead he begins the interview with, "Let's talk comedy in a time of tragedy."

OK, lets.

"Basically I have a political obstacle to my social mission statement," he says.

"The social statement was, tragedy permeates our everyday lives, people are lonely, they're scared, they have death anxiety, they don't know how to attribute meaning to their own existence, so through comedy we can provide an opiate or distraction that permeates our



From left: Courtney B. Vance and T.J. Miller in *Office Christmas Party*. Miller plays Clay, an office manager who, in a last ditch effort to save his branch from closure, throws an epic office party in an attempt to woo a potential client. CONTRIBUTED

everyday lives. Through satire we can hopefully frame the world in a way that people can laugh at.

"Also I aim to help people, through my stand up, to release the death anxiety. I aim to help people not take themselves so seriously."

When Miller, who also currently plays Erlich Bachman on *Silicon Valley*, finally gets

around to talking about *Office Christmas Party*, he's still on message.

"It's very easy to promote a comedy during the apocalypse," he says.

The Christmas film, which features a greedy pimp, a sexually repressed head of HR and an office load of drunk, disgruntled employees, is a mix and match of sentimentality and debauchery that

Miller thinks is perfect for the season.

"What better way to spend the holidays?" he asks. "First of all you don't have to talk to your family for an hour-and-a-half during the holidays. That's a bonus. If the movie is funny, you talk about how funny it was for half-an-hour. How dynamic Jenifer Aniston,

Jason Bateman and Courtney B. Vance are. How strange I look in a Santa suit for that long. That my facial hair is still abrasive and arresting. That's two- and-a-half to three hours towards a stress free holiday. That's what we're pitching you.

"It's a funny movie. It's a laugh a minute. Well, it's a laugh every minute-and-a-half

“

Workplace environments have become so sterile and corporations have become so much about profit and not the people they work with, that we've lost the fun of work.

T.J. Miller

to two minutes. We wanted to give you a break. It's exhausting to laugh every minute."

Miller, who once worked as a legal secretary in the same Chicago office building seen in the film, says the movie is silly and fun but shares his core comedy philosophy.

"Workplace environments have become so sterile and corporations have become so much about profit and not the people they work with that we've lost the fun of work. We don't have cool office Christmas parties anymore. We are saying, 'You spend so much time with the people you work with, why not have a night or two a year where you can kind of just relax? Take a night off from worrying about offending someone or giving 'tude.'"

"That is our message to North America. Take the holidays, drink way too much eggnog, laugh, relax and know that we've got a lot of work to do in 2017."

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Patel no longer your 'quirky best friend'

DRAMA

Heartthrob actor relished the depth of his role in *Lion*

Dev Patel knows how special a film like *Lion* is.

He's been waiting nearly eight years, since his breakout in *Slumdog Millionaire*, for a role as substantive and soulful as Saroo Brierley, an Indian man who was lost as a five-year-old, adopted and raised by Australian parents, and who, 25 years later, used Google Earth to retrace his steps to his hometown and his birthmother, not knowing the name of either.

"I read an article about it somewhere, I'm not quite sure where, and I was completely mesmerized," Patel said.

It's why the 26-year-old pursued the part so aggressively, showing up at screenwriter Luke Davies's doorstep before the script was even finished, and, after winning the part, taking a full eight months to prepare.

Not only did the rail-thin Patel bulk up to play the sporty Saroo, grow his hair out, and learn a difficult Australian accent, but he also fully immersed himself into the emotional and spiritual reality of the man.

Brierley and Patel had to go much deeper than that, though.

This is not a simple boy-goes-home story. Brierley's traumatic separation from his home and his mother and struggle to survive on his

own is contrasted by his then-comfortable upbringing in Australia with supportive and loving adoptive parents.

His past is something that he represses for years, until it becomes a ghost so undeniable that he must do everything he can to find his mother.

It's one of those stranger-than-fiction stories that begs for cinematic treatment.

"I can't say that the majority or even half the movie is sensationalized. It really isn't. It actually happened in real life," Brierley said.

On set, director Garth Davis pushed Patel deeper into Brierley's pain.

He had Patel watch the actor playing the five-year-old Brierley (newcomer Sunny Pawar) so that there were specific memories to draw on.

He threw him into big scenes right off the bat (they shot the very last scene first), and he made

him do "hippie" mental exercises like staring into a mirror for a half hour before coming to set one day.

"The first two minutes were excruciating, because when you do that, you're usually brushing your teeth or popping a pimple or something and then the next 20 minutes all of a sudden I got sucked into this sort of trance-like state and I couldn't recognize the person staring back at me," Patel said.

"I looked like my father, I looked like my mother. And I went to set visibly shaken. I was like 'Garth, I feel like a fool, like I don't know who I am. I think that the task went horribly wrong.' He looked at me and said, 'that's exactly what you should feel. Your body is just a shell but your soul is ever-changing. I was like 'whoa.'"

It was all in service of capturing the essence of Brierley, who Patel knows he doesn't look like.



While on the awards trail, Patel said he's taking the opportunity to talk to and learn from his fellow actors on the same path. "The first time around (for *Slumdog Millionaire*), I was so beautifully naive about it," he laughed. **CONTRIBUTED**

For Patel, the stories represent completely different journeys — Brierley is a modern Australian man who remembers little of his Indian identity.

Patel is already fully on the awards trail for *Lion*. He's done this before, but now has a bit of experience under his belt and is no longer that wide-eyed 18-year-old.

He said he's taking advantage of the opportunity to talk to and learn from his fellow actors on the same path.

"The first time around I was so beautifully naive

“ I really relate to characters kind of going against the odds and underdogs who show perseverance. Dev Patel

about it. I look at Sunny and I can relate to it. He met Bill Clinton the other day and I don't quite think it dawned on him who the man was he was meeting," Patel said, laughing.

Ultimately, Patel is just grateful that he was able to stretch beyond "your usual quirky best friend character role or like tech extra-

ordinaire."

"Stories like this, they're so few and far between especially for a British Indian guy like myself," he said. "I think everyone faces a stereotype ... I don't want to make it about that. It's just my thought process of throwing absolutely everything at this role. I knew how precious it was." **THE ASSOCIATED PRESS**

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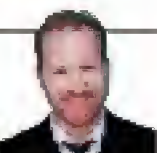
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Movie spotlights plight of children

FILM

Kids sleeping in train stations a sad reality: Garth Davis

Steve Gow
For Metro Canada



After nearly 35 years in movies, Nicole Kidman can hand-pick any director to work with in Hollywood. Instead, the 49-year-old starlet's latest project was helmed by first-timer Garth Davis — an artist more famous for making Coke commercials than feature films.

"He's a really talented director," said Kidman during an interview for *Lion*. "Garth is just very easy; he's got a very soulful, laid-back approach to things and so I was just very happy to be a part of his vision."

Inasmuch as the Toronto International Film Festival's People's Choice runner-up was envisaged by Davis, *Lion* is truly the celluloid realization of the life of Saroo Brierley — a young

Indian man who, at five years old, was tragically separated from his family and finds himself living on Calcutta streets.

Unable to speak the local tongue and sleeping in train stations, Saroo's epic odyssey ends up miles away in Australia where he eventually finds salvation in an adoptive mother named Sue Brierley.

"It was definitely how Saroo remembered that experience," explained Davis of the heart-wrenching memoir. "I'm just presenting the story as I understand it so I think some people won't even accept it because it's just too crazy to believe."

But the film is also a profound eye-opener to the plight of thousands of kids around the globe. As much as Davis aimed to unweave an inspirational family drama, he was soon making a movie with a message.

"It's just one of those disturbing truths that there are kids sleeping at the train station even today," said Davis. "We didn't realize just how many kids go missing — it's a big issue (and) if anything can bring some dialogue and awareness about it, that's great."

As for Kidman, she was simply overjoyed with finding a connection to Brierley and the chance to express her own devotion as mother to two adopted children.

"Just like her speech (in the film) when she said she had this vision of a brown-skinned child and then it all came to fruition — I just related," admitted Kidman, with a laugh. "But she also has red hair, fair skin and she's Australian — so we have a few things in common."

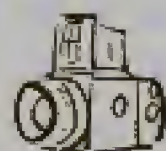
+ DOING THEIR PART

Over 80,000 children go missing in India each year. With the #LionHeart campaign, filmmakers are helping to protect children around the globe.

"I don't think we thought about how powerful that aspect of the film would be," said Davis. "So we're just reacting to what we made and hopefully using that in the best way we can."



Nicole Kidman (Sue Brierley), David Wenham (John Brierley), and Sunny Pawar (young Saroo Brierley), star in *Lion*. MARK ROGERS



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Damon bashes media for whitewashing allegations

THE GREAT WALL

Star defends role in film by Chinese director

Matt Damon criticized "outrageous" stories in the era of fake news as he responded Tuesday to accusations that his role in the new China-Hollywood co-production *The Great Wall* should have gone to an Asian actor.

Some critics have said Damon's casting as the lead character amounted to "whitewashing," in which Caucasians are chosen for roles that actors of other ethnicities should play.

In an interview with *The Associated Press*, the American actor said he thinks of the term "whitewashing" as applying to Caucasian actors putting on makeup to appear to be of another race, as was common in the early days of film and television, when racism was overt.

"That whole idea of white-

washing, I take that very seriously," Damon said, using the example of the Irish-American actor Chuck Connors, who played the lead character in the 1962 film *Geronimo*, about the famed Apache chief.

Damon, 46, plays an English mercenary in the upcoming \$150 million adventure fantasy about a Chinese army battling monsters, helmed by acclaimed Chinese director Zhang Yimou.

The movie's trailer sparked criticism in the U.S. that a white man had been chosen to play the lead in a film set in China meant to showcase Chinese culture. The furor came amid other accusations of a lack of diversity and opportunities for Asian actors in Hollywood.

Damon questioned whether the critical stories on online news sites based on "a 30-second teaser trailer" would have existed before the era of fake news and headlines designed to make people click on them.

"It suddenly becomes a story because people click on it, versus the traditional ways that a story

would get vetted before it would get to that point," said the star of the *Bourne* franchise.

People fall for outrageous headlines, but "eventually you stop clicking on some of those more outrageous things because you just realize there is nothing to the story when you get to it," Damon said.

The Great Wall is the first movie made by Legendary East, the Chinese venture of Legendary Entertainment, a Hollywood studio now owned by Chinese real estate and theatre chain developer Wanda Group. Other companies behind the movie include the state-owned China Film Group Corp.; Le Vision Pictures, a private film company affiliated with Chinese tech firm LeEco; and Hollywood's Universal Pictures.

Damon and Zhang told the AP that because of the demands of the story, Damon's role — a mercenary who comes to China to steal gunpowder — was always intended to be European.

Damon said he thought the criticism over his casting would subside "once people see that it's

a monster movie and it's a historical fantasy and I didn't take a role away from a Chinese actor ... it wasn't altered because of me in any way."

The film is the first Sino-Hollywood co-production and first English-language film for Zhang, the director of the romantic Kung Fu drama *House of Flying Daggers* and the opulent opening and closing ceremonies of the 2008 Beijing Olympics.

It also stars Pedro Pascal of *Game of Thrones* as Damon's sword-wielding partner in crime, Willem Dafoe and Hong Kong's Andy Lau. Jing Tian plays the female lead warrior. Eddie Peng of the boxing drama *Unbeatable* and Lu Han, a former boy band sensation, also appear.

In the movie, China's Great Wall has been built to keep out menacing, otherworldly creatures. The use of monsters and a hero saving the world are very much Hollywood techniques.

Zhang told the AP that the script took Hollywood seven years to develop.

THE ASSOCIATED PRESS



Matt Damon criticizes 'outrageous' news stories for saying his role in the ethnic film *The Great Wall* should have gone to an Asian actor. GETTY IMAGES





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Can't take the country out of Beyoncé

DADDY LESSONS

Although a Grammy committee is certainly trying

Beyoncé earned a whopping nine Grammy nominations Tuesday, including best rock performance, but the singer's twangy song Daddy Lessons was rejected by the Recording Academy's country music committee.

A person familiar with the Grammy nomination process told The Associated Press on Wednesday that Beyoncé submitted Daddy Lessons — from her album Lemonade — to the country category. The person, who spoke on condition of anonymity because the person was not allowed to speak publicly about the topic, said the country music committee rejected the song.

If Beyoncé's song had made

it through, it would have been eligible for honours such as best country song and country solo performance.

Representatives for Beyoncé and the Grammys didn't immediately reply to emails seeking comment.

Daddy Lessons highlights the Houston native's Southern music roots, incorporating horns, acoustic guitar and hand claps as Beyoncé sings about lessons she learned from her father and former manager. The lyrics include references to the Second Amendment, the Bible and shooting guns.

Beyoncé performed the track at last month's Country Music Association Awards alongside the Dixie Chicks, and later released a version of the song featuring the country trio.

Earlier in the year, the Chicks covered the song on their tour, and others in the country genre welcomed the tune, including Blake Shelton, who defended the song from critics who say

it's not country.

Country star Dierks Bentley told the AP, "There is just something intangible about it that it feels like a country song."

Karen Fairchild of Little Big Town said, "(Beyoncé) has some stories to tell — that's clear on Lemonade. And that's what makes country music great."

Beyoncé, still, impressed the music world by earning Grammy nominations in the rock, pop, R&B and rap categories — becoming the first artist to earn nominations in those fields in the same year.

Beyoncé's nine nominations include the big three: album of the year for Lemonade and song, and record of the year for Formation. She is also competing for best rock performance (Don't Hurt Yourself with Jack White), pop solo performance (Hold Up), rap/sung performance (Freedom with Kendrick Lamar) and urban contemporary album (Lemonade).

THE ASSOCIATED PRESS



Beyoncé in the Daddy Lessons video. LEMONADE/DIGITAL BOOKLET/SCREENSHOT

MUSIC BRIEFS

Rolling Stone's Mick Jagger celebrates birth of 8th child

Mick Jagger's representatives say the rock legend has welcomed his eighth child.

Jagger, the 73-year-old frontman of the Rolling Stones, was on hand Thursday at a New York hospital when girlfriend, Melanie Hamrick, gave birth to the couple's son. According to a statement, both parents are "de-

lighted" and "mother and baby are doing well."

Jagger already has seven children — Georgia, James, Jade, Elizabeth, Lucas, Karis and Gabriel — who range in age from their 40s to teenagers.

He became a great-grandfather in May 2014 when Jade's daughter, Assisi, gave birth to a baby girl.



Hamrick is a 29-year-old ballerina who has performed with the American Ballet Theatre in New York. They began dating in 2014. THE ASSOCIATED PRESS

York. They began dating in 2014. THE ASSOCIATED PRESS

DOLLY PARTON

Telethon to help wildfire victims

Country icon Dolly Parton has organized a musical telethon to raise money for victims of the Tennessee wildfires that destroyed more than 1,700 homes in the resort town of Gatlinburg.

The event, which will air Dec. 13 on Great American Country, will include performances by Reba McEntire, Kenny Rogers, Alison Krauss and Parton,

whose Dollywood theme park in neighbouring Pigeon Forge escaped damage from the fires.

Proceeds from the telethon will go to the Dollywood Foundation My People Fund, which was created to provide \$1,000 each month to Sevier County families whose homes were damaged or destroyed by the wildfires.

THE ASSOCIATED PRESS

+ FIRE FACTS

Officials say 14 people have died and more than 135 were injured in the fire that spread from the Great Smoky Mountains National Park in Tennessee. THE ASSOCIATED PRESS

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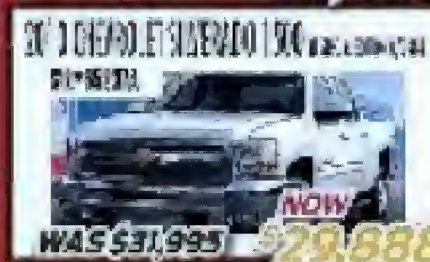
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A Canadian riffs on Trump's Amerika

MUSIC

Wintersleep's Paul Murphy pens unlikely hit single

Sometimes it's good to be right, sometimes it's not. Sometimes you land somewhere in between.

A Donald Trump presidential campaign, let alone an actual Donald Trump presidency, was still the stuff of satire and dystopian science-fiction three years ago when expat Haligonians-in-Montreal Paul Murphy and Wintersleep started tricking around with a line from the Walt Whitman poem *America – Perennial with the Earth, with Freedom, Law and Love* — in search of a refrain to what would become their hit single *Amerika*.

It was a species of score, then, when the song's symbolist lament for shattered ideals ("I can't survive on my Amerika / If the worst is true / Is it just a waste of time? . . . Are you alive, oh my Amerika?") preternaturally tapped into the tenor of uncertain times south of the border, and consequently everywhere else, upon release last January.

And a score, of sorts, again when the tune's accompanying, apocalyptic video — which drops a snippet of a Trump campaign speech into a minimovie about humanity's desultory reaction to its own imminent death from above — arrived in late April.

Either way, Wintersleep has a hit on its hands. Maybe its



Paul Murphy and his band Wintersleep are at the Danforth Music Hall on Wednesday. CONTRIBUTED

“I don't even know what it means. We'll get a cheque for 50 bucks or something, I'm sure.”

Paul Murphy on *Amerika*'s popularity on Spotify and on the charts

biggest hit to date. *Amerika* has, at present, logged more than a million streams on Spotify. It's taken the band's previous biggie, *Weighty Ghost*, nine years to get to 2.7 million. Do the math.

Frontman Murphy isn't exactly celebrating the circumstances of Wintersleep's current run at the charts — *Amerika* also reached No. 1 on Billboard's Canadian rock songs chart last spring — but

he'll take it.

"It's amazing. It's weird. It's a crazy thing," he says of hitting the million-stream mark. "It's one of those things where, like, my dad actually knows that, for some reason . . . I don't even know what it means. We'll get a cheque for 50 bucks or something, I'm sure."

Amerika aside, Wintersleep returned from a long layoff in top shape this year with its

sixth album, *The Great Detachment*.

Produced by Scotsman and sometime Mogwai/Belle and Sebastian/Delgados associate Tony Doogan, *Detachment* is a big, blustery collection of modern-rock anthems that, were it a little less idiosyncratic and given a push toward the mainstream (which indie Dine Alone Records isn't quite capable of), could easily fit the needs of U2-lovin'

populist CanCon audiences abandoned by the Arcade Fire after *The Suburbs*. Geddy Lee himself agreed to play bass on *Territory*.

In any case, Murphy and his bandmates, secret-weapon guitarist Tim D'Eon and drummer Loel Campbell, have a gift for writing immediate but deceptively deep songs that tease you for awhile before completely taking over.

And Doogan, behind the

boards for his fourth consecutive Wintersleep record since 2007's breakthrough *Welcome to the Night Sky*, knows exactly how to bring some British Sea Power-esque Brit-rock grandeur to material that still audibly traces its roots to Halifax's proud noise-pop heritage and East Coast folk.

All Wintersleep wanted to do this time out, after taking some time out to deal with a switch in labels and management, and Murphy's ascent to the ranks of parenthood, was make "something we could play front to back live if we wanted to."

The result? Nearly a year after its arrival, *The Great Detachment* has proven itself a proper sleeper. With another unlikely radio hit behind it, of course.

"I remember when *Weighty Ghost* was on the radio it was this really weird thing because, to me, it still doesn't feel like a song that you'd hear on the radio, lyrically and just as a song in general," says Murphy.

"I wouldn't think that would be a song that would get picked up by a mainstream rock station. And I guess it still kind of feels the same. But it's amazing and it's so cool that there's still huge support within that community of people. It seems like they're excited when we make a record. They definitely give it a chance, which is really nice."

"I think if we were, like, trying to make radio songs it wouldn't work out. We'd be really bad at that. So I'm glad that it worked out this way."

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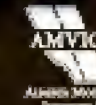
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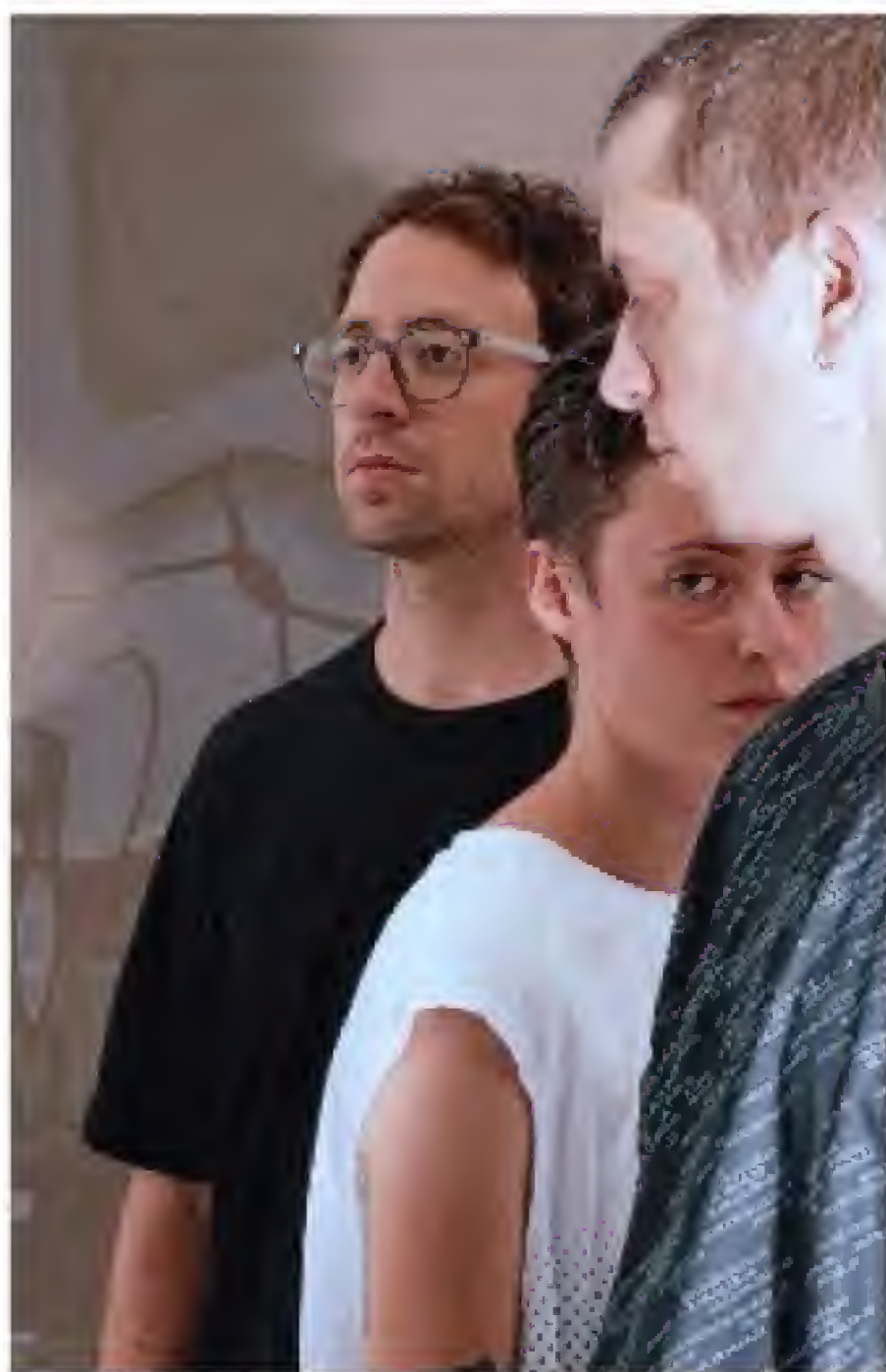
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Joseph Shabason, Carmen Elle and Kieran Adams make up the core of DIANA. CONTRIBUTED

Sometimes accidents yield brilliance, such as DIANA

ON TOUR

Carmen Elle returns for new synth-pop album

Ben Rayner
Torstar News Services

Carmen Elle hadn't a clue she was signing up to front a "real" band when she agreed to sing on some early tracks for the casual studio project that would become DIANA four years ago, so it's fully appropriate she didn't realize she was embroiled in recording the Canadian synth-pop outfit's second album until the process was well underway.

Co-founders Kieran Adams and Joseph Shabason simply started slipping "these innocent little emails" into her inbox seeking feedback and potential vocal melodies for nascent song ideas until — hold up — she'd been duped into making another DIANA record.

"Just because of the nature of the way Joseph and Kieran and I communicated in the past — I don't think we do it anymore, but we definitely did in the past — there was almost a lack of communication about it," says Elle. "I'm just thinking personally about it, but I didn't really know that we were recording an album probably until we were pretty deep into it."

No, no, DIANA isn't some sort of running musical con job.

originally just been looking for a fun excuse to work together as friends, didn't know she was the vocalist they'd been looking for until they brought her in. Nor did any of the three expect the album borne of their collaboration mere months later, 2013's *Perpetual Surrender*, to garner so much immediate attention that they'd actually be asked to take it on the road.

They mustered a suitable stage show at the time despite

post-rave chill-out, and Adams' and Shabason's shared background in jazz.

They're taking it to the people as a seven-piece also featuring Thom Gill on guitars and keys, Bram Gielen on bass, and Ivy Mairi and one-time Canadian Idol runner-up Gary Beals on backup vocals.

"Those extra musicians don't feel like they're superfluous. Everyone feels really crucial to the setup," says Elle.

"I don't know if that's just the nature of the songs that we've written and they're just f—ing epically huge arrangements that require that many bodies onstage or what. Kieran was always, like, 'The album is the album and the live show is the live show' because I would say, 'Why do we have six vocal parts on this song? We're never going to do this live!'"

"But talking about another record after this, Kieran has been really, really excited at the notion of doing it even more live than this one. So I think that's the direction we would like to move in, ideally."

“Those extra musicians don't feel like they're superfluous. Everyone feels really crucial to the setup.” Carmen Elle

Elle is there willingly, although her initial commitment to the group was almost accidental, prompted by the enthusiastic early response to a couple of commandingly smooth singles featuring her coolly expressive coo, *Born Again* and *Perpetual Surrender*, posted to SoundCloud in late 2012.

Adams and Shabason, two in-demand session players who'd

Elle's admitted "anxiety" in the face of touring with the fleeting addition of Paul Mathew on bass. But this time DIANA is doing it up proper from the get-go to match the more expansive ambitions of *Perpetual Surrender*'s just-released followup, *Familiar Touch*: a sumptuous, slow-to-take exercise in midtempo electro-balladry informed in equal parts by '80s classy downtempo, '90s

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KIA



Vice CEO Shane Smith says that because his media company has been advocating prison reforms, it will hire released inmates to help them learn valuable on-the-job skills.

NATHAN DENETTE/THE CANADIAN PRESS FILE

Ex-cons to get jobs at Vice Media

REHABILITATION

Company attacks cycle of recidivism with apprenticeships

Vice Media is starting an apprenticeship program at its Brooklyn headquarters for recently released prison inmates, saying it wants to take action on an issue that the media company has been reporting on for the past few years.

Starting early next year, Vice will hire five former inmates for production, editorial and marketing jobs, the company said Thursday. If it works well, Vice will look to expand and encourage other companies to start their own programs.

Vice, the thriving youth-oriented company with magazines, cable and digital channels and news shows that air on HBO, has focused on prison reform since its documentary Fixing the System was shown on HBO in 2015.

Vice CEO Shane Smith said that while the apprentice program is a small step toward tackling the high recidivism rate among former inmates, he wanted to "alleviate some of these issues by putting our money where our mouth is."

The company is working with the New York-based Center for Employment Opportu-

ities, which is employing more than 7,000 former inmates in temporary jobs with the hope they develop skills and a work history that would lead to more permanent employment. The centre helps employ people in New York, California, Pennsylvania and Oklahoma.

Everyone at Vice who has reported on prison issues was struck by the difficulties faced by people once they get out, said Alyssa Mastromonaco, the company's COO, who formerly worked in the Obama White House. Studies have outlined the difficulty former inmates have in landing jobs once they get out, and how hard it is for them to keep away from crime when they can't.

It took a while to start because Vice wanted a program where participants were learning valuable skills for a modern economy, Mastromonaco said.

"It's not just activism, rallying for a cause," she said. "This is meaningful institutional change if you can do it."

Those accepted into the program get six-month jobs, working 40 hours per week for \$15 an hour. People aged 18 to 25 living in New York City and on probation or parole are eligible.

New York Gov. Andrew Cuomo applauded Vice's announcement. "Rehabilitation not only benefits those returning to our communities, but all taxpayers," Cuomo said. THE ASSOCIATED PRESS



It's not just activism, rallying for a cause. This is meaningful institutional change if you can do it. Alyssa Mastromonaco

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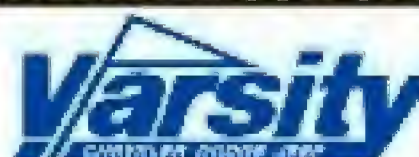
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TV BRIEF

Candace Cameron Bure exiting The View

There's another departure on television's *The View*, with Candace Cameron Bure saying she can no longer handle the bicoastal life made necessary by her acting career.

Bure stars in the Fuller House remake on Netflix and frequently appears in movies for the Hallmark Channel. She has travelled to New York from California to appear on the daytime chatfest.

Her exit follows by two months the departure of Raven-Symone. That leaves *The View* with Whoopi Goldberg, Joy Behar, Paula Faris and Sara Haines as permanent co-hosts, with Jedediah Bila and Sunny Hostin as frequent contributors. THE ASSOCIATED PRESS



PRESIDENT-ELECT

Trump slams SNL portrayal again

The chief critic-elect of Saturday Night Live, Donald Trump, is bashing the show and impersonator Alec Baldwin again — this time prodded into action Wednesday by NBC's own Matt Lauer.

The president-elect called the late-night institution unfunny and Baldwin's portrayal of him mean-spirited, suggesting Saturday Night Live wasn't long for the world. Trump — who appeared as guest host on SNL in November 2015 — has grumbled in tweets about the show three times since October, most recently last weekend after Baldwin and Kate McKinnon appeared in a skit about his Twitter habit.

Trump's frequent tweeting was raised by Lauer in a telephone interview on the Today show following Time magazine's selection of the president-elect as its Person of the Year.

"Can we agree, President-elect Trump, that it would be better for you to simply stop watching SNL as opposed to watching and then complaining about it?" Lauer said.

His question was no ad-lib, since NBC quickly aired clips of the Baldwin-McKinnon sketch



Alec Baldwin's iconic impersonation of Donald Trump. WILL HEATH/NBC VIA THE ASSOCIATED PRESS

as Trump replied.

"I hosted SNL when it was a good show but it's not a good show anymore," said Trump, who also took a turn as guest host in 2004. "First of all, nothing to do with me, there's nothing funny about it. The skits are terrible. I like Alec, but his imitation of me is really mean-spirited and not very good ... It's very biased and I don't like it."

And yet, Lauer noted, he still watches. THE ASSOCIATED PRESS

Gilmore's guy speaks out

NETFLIX

Matt 'Logan' Czuchry on return of fan-favourite show

Gilmore Girls fans finally got what they've been waiting for when four new episodes of the series were released on Netflix two weeks ago.

But after viewers gobbled up those 90-minute installments, they asked: Now what? The show's much-hyped final four words left things open-ended for the fast-talking, pop-culture loving, coffee- and junk-food obsessed mother-daughter duo played by Lauren Graham and Alexis Bledel.

Matt Czuchry who played Logan, one of Bledel's love interests, says he doesn't think it ended on a cliff-hanger.

"For me, when you look at everything in its entirety and you look at the seven seasons and you look at these new four chapters, to me it's full circle. To me it is much more ... an ending than a cliff-hanger," he said in a recent interview.

Czuchry talked about whether he thinks there could be more of the Gilmores, reuniting with Bledel and whether we'll see him on *The Good Fight*, a new original series from the creators of his former series, *The Good Wife*.

Can you see how some fans would see the ending of Gilmore Girls: A Year in the Life as a cliff-hanger?

I can understand how some people think that the last four words feel like a cliff-hanger, certainly it can feel that maybe in the beginning when you first hear those words you're like, 'Oh! What? That's the end?' ... What I like about it is it's open-ended like life is. We don't have all the answers in life and fans don't have all the answers to those questions, but that's the way life works and so I like that about it.

Do you think there's any possibility there could be more episodes?

If fans do want to see more after this journey ... after those last four words, it means we all did our jobs well. If they were tired of it, if they didn't want any



This 2006 publicity photo released by The WB shows "Gilmore Girls" stars, from left, Scott Patterson as Luke Danes, Lauren Graham as Lorelai Gilmore, Alexis Bledel as Rory Gilmore and Matt Czuchry as Logan. CONTRIBUTED

more and they were done with it, then we'd be having a different conversation. So if fans want to have more, that's great. I love this character of Logan. I love this world. It's so unique. (Series creator, executive producer) Amy (Sherman-Palladino) and (executive producer) Dan (Palladino) and their writing, it's so fast-paced, it's so specific, the world that they've created in Stars Hollow with all these characters is incredible. ... For me, if there is more or there's more talks about it and I'm asked, that's certainly something that I'm gonna look at because I love Amy and Dan, I love Logan, and I love this world that they've created.

Was it difficult to resume the character nine years later?

What was nice with this is I had some time to prepare, we did table reads. It was over the phone. Also, what

was nice was in 2015 when we did the Austin Television Festival, I watched all the episodes Logan was in, not knowing there would ever be new stories to tell, but what happened with that is I got in touch with that character. When I showed up on set with Alexis it was like we had never left.

What about CBS's The Good Wife spin-off, The Good Fight? (The series will begin streaming on its CBS All Access service on Feb. 19.) Will we see your Good Wife character Cary Agos at all?

There haven't been any conversations on either side so I'm not sure on that.

You've had two TV shows with two great roles. How do you feel about that?

I'm incredibly grateful for both of those shows, both of those characters because I know how rare it is.

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Gael García Bernal

POLITICS

DiCaprio, Trumps talk green economy

Leonardo DiCaprio and the head of his foundation met Wednesday with President-elect Donald Trump to discuss how jobs centred on preserving the environment can boost the economy.

In a statement to The Associated Press, Terry Tamminen, the CEO of the Leonardo DiCaprio Foundation, confirmed the meeting at Trump Tower in New York City. Tamminen said the pair gave a presentation to Trump, daughter Ivanka, and other members of Trump's team on how focusing on renewable, clean energy could create millions of jobs.

"Today, we presented the President-elect and his advisors with a framework — which LDF developed in consultation with

leading voices in the fields of economics and environmentalism — that details how to unleash a major economic revival across the United States that is centred on investments in sustainable infrastructure," Tamminen said. "Our conversation focused on how to create millions of secure, American jobs in the construction and operation of commercial and residential clean, renewable energy generation."

The Oscar-winning actor has been a strong advocate of fighting climate change and preserving wildlife, and his recent documentary, *Before the Flood*, addresses the peril that the world faces because of climate change.

THE ASSOCIATED PRESS



Leonardo DiCaprio's foundation gave a presentation to Donald Trump, daughter Ivanka Trump, and other members of the president-elect's team on how focusing on renewable, clean energy could create millions of jobs. ROBYN BECK/GETTY IMAGES



The 37-year-old actress stars alongside 18-year-old Stefania Owen in the film. CONTRIBUTED

Katie Holmes can relate to role of struggling mom

DIRECTORIAL DEBUT

All We Had is a story of family love in a time of poverty

Katie Holmes is a single mom raising a daughter and that's the subject of her feature film directorial debut, *All We Had*.

The 37-year-old actress stars alongside 18-year-old Stefania Owen in the film about a mother who finds herself living in a car with her daughter and looking for a new start. Holmes said it's a specific story but one she can relate to.

"I think the universal theme of that love you have for your daughter and that love you have for your mother is so powerful. And I think that is very relatable wherever you fit in economically," Holmes said.

"And definitely being a daughter and being a mother, I understand that love and that bond. And I think it something that should be highlighted and celebrated in film."

Holmes, who in real life is raising her daughter Suri, said her work for directors like Curtis Hanson and Ang Lee over the years taught her how to lead actors on a set. She also said she found inspiration in such films as *Alice Doesn't*

Live Here Anymore, *My Own Private Idaho* and *Thelma and Louise*.

The movie, based on Annie Weatherwax's novel, is set during the 2007 economic crisis and features Holmes teetering on the edge of poverty. It co-stars Luke Wilson, Richard Kind and Mark Consuelos, and comes out on Friday.

"It was important to me to inhabit this role because there are so many people who struggle so much on a daily basis," Holmes said. "She never loses hope. There's so many people that work so hard and they aren't celebrated," she said.

Holmes was promoting her movie a few days after Lucas-

film head Kathleen Kennedy implied in an interview that there weren't women directors with enough experience to helm an upcoming *Star Wars* movie.

"I was inspired by people like Kathleen, by people like Jane Rosenthal, Jodie Foster, to take on this role as a director and to find this material in particular," Holmes said. "Because I do feel as a woman, you have to be proactive and you have to find the roles, you have to create the roles for yourself. At least, I want to do that for myself, because I want to play certain kinds of roles. I don't want to wait."

THE ASSOCIATED PRESS

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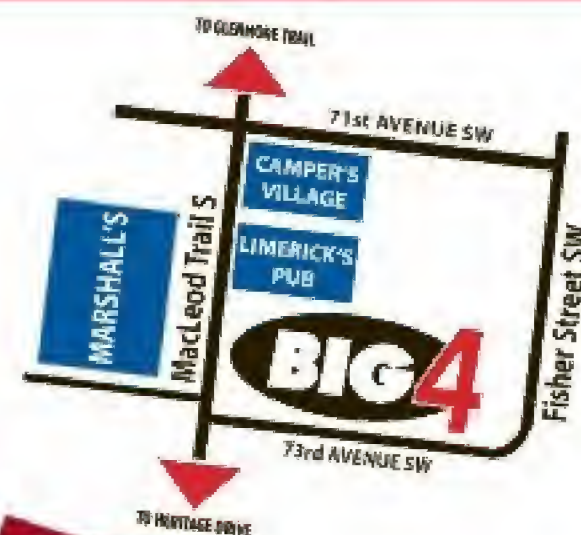
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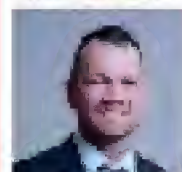
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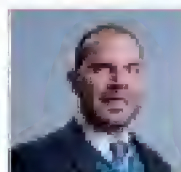
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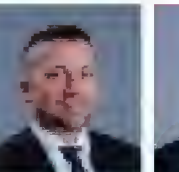
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SO VERY '70S

Sensitive, culturally relevant topics have always had a tough time crossing over to the mainstream. In the 1960s and '70s, filmmakers driven by social change found new and inventive ways to open the conversation on a wide range of difficult-to-tackle subjects and made great films in the process. Here are five tough topics tackled by some iconic films:



CONTRIBUTED BY HOLLYWOOD SUITE

Midlife Crisis: A concept that surprisingly only became prominent in the mid-'60s, the cultural discussion about the concept of a midlife crisis took off after Blake Edward's hilarious 1979 comedy *10*, which follows a hapless Dudley Moore going to ridiculous lengths to solve his.

The Vietnam War: Before 1978's *Coming Home* and especially 1979's *Apocalypse Now*, most films portrayed the Vietnam War in a positive light. Once these films were released, though, it was harder for the public at large to ignore how different Vietnam had been, the horrors individuals had survived in the conflict and the veterans who were slipping through the cracks.

Open Relationships: Though the summer of '69 was all about free love for hippies, Bob & Carol & Ted & Alice explored the practice of New Age thinking among more "square" couples. Despite the film's hesitance to praise these practices, it went on to open the conversation about New Age therapies and alternative relationships in popular culture.

Going "Out West": Work was hard to find in the Maritimes in the '60s and '70s, and many folks headed west only to find more unemployment, but without the comforts of home. Donald Shebib's *Goin' Down The Road* follows the journey of two men on just such a hopeless quest, and connected audiences across Canada to the struggles of their fellow countrymen.

Home Computers: The late '70s brought computers into homes for the first time, but many families were unsettled by what the true costs of this kind of technology might be. It's no wonder 1977's *Demon Seed* sees the introduction of computing and automation as something that destroys the sanctity of the traditional home in terrifying ways.

Rediscover the films that reflected changing times. The Hollywood Suite Free Preview is on now until Jan. 5. Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch *Apocalypse Now*, *Goin' Down the Road*, *Bob & Carol & Ted & Alice*, *Demon Seed* and *10* this month on the Hollywood Suite '70s Movies channel. Learn more at hollywood-suite.ca/freepreview.

HOLLYWOODSUITE



Dalia Dippolito talks with her attorney Brian Claypool on the first day of her murder-for-hire retrial Wednesday in West Palm Beach, Fla. LANNIS WATERS/PALM BEACH POST VIA THE ASSOCIATED PRESS, POOL

Jurors shown YouTube, Cops video for first time

MURDER-FOR-HIRE TRIAL

Defendant says she was trying to score a reality show

Millions of people have seen a secretly recorded video of Dalia Dippolito telling an undercover police officer she was "5,000 per cent sure" about hiring him to kill her husband.

At her retrial on Thursday, six Florida jurors who said they had never seen the 2009 video watched Dippolito tell Boynton Beach Detective Widy Jean that she would pay him \$7,000 to kill Michael Dippolito in a staged robbery.

The 34-year-old Dippolito has testified at her previous trial and in court hearings that she was only acting the part of a murderous wife in hopes of getting her own reality TV show.

Her first jury didn't buy that defence, but an appellate court threw out her 2011 conviction and 20-year sentence for attempted first-degree solicitation of murder. She faces the same sentence if convicted again.

These jurors sat expressionless as they watched the 23-minute video, which was central to a *Cops* television special and remains popular on YouTube.

It shows Dippolito, dressed in tank top and pony tail, entering Jean's red convertible and discussing not only the cost of killing her convicted con-man husband, but how, when and where it would be done.

"Are you sure you want to kill this dude?" Jean asks her.

Dippolito, seeming uncomfortable with the question, appears to urge Jean to be more circumspect.

"Do we really have to? I would rather be less, whatever, about the deal," Dippolito tells Jean, swallowing laughter.

Narrating the video for the jury on Thursday, Jean testified that Dippolito opened up once he said she's beautiful.

After these pleasantries, the video shows her agreeing to

pay \$7,000 for the murder — a \$1,000 premium since she wouldn't be able to pay in advance. He then tells her he'll break into their house, put two bullets in her husband's head and make it look like a robbery.

"I need it done, like, this week," Dippolito says, assuring Jean she wouldn't stiff him. "You obviously know where I am."

Dippolito then tells Jean her husband would soon withdraw \$10,000 from a bank, and suggests killing him there instead, taking the even-higher sum as payment.

"I don't know if that's too public for you," she says.

No, Jean replies; the extra cash might be worth the risk.

"Just so you know, all of these here are tender points," she adds, pointing to her lower back to show where her husband was recovering from liposuction surgery.

Jean testified that he tried to give Dippolito a way out by

warning that she would not be able to change her mind later.

"No, there is no changing," she replies. "There is no — I'm determined already. I'm positive, like 5,000 per cent sure."

The prosecution rested shortly after showing the video, and without bringing several other key figures, including Michael Dippolito and an undercover informant who initially told police about her alleged desire to kill him.

Under cross-examination by defence attorney Brian Claypool, Jean conceded it was unusual that the department posted the video only minutes after Dalia Dippolito's arrest, ahead of its appearance as part of a special episode on *Cops*.

Claypool told the jury in opening statements that Boynton Beach Police staged the case to become famous on *Cops*, whose producers were in town to prepare to for episodes with the department. Jean somewhat agreed with Claypool's assessment that releasing the video so quickly could have compromised the investigation.

"It might," he said, but if the case was closed with Dippolito's arrest, it would be "a moot point." THE ASSOCIATED PRESS

Just so you know, all of these here are tender points.

Dalia Dippolito in secretly recorded video to Detective Widy Jean, indicating spots where her husband was sore after liposuction surgery.



San Fran is a food paradise



GASTRONOMY

Kitchens kick quality up several tasty notches

Renée S. Suen
For Torstar News Service

"Restaurants should be about how you can provide greater pleasure to people," says Joshua Skenes when asked about the uninhibitedly luxurious 18-course Discovery menu at his three Michelin-starred restaurant, Saison.

A master of live-fire and smoke, Skenes' cooking is refined, yet restrained. Pristine ingredients are showcased with minimum intervention, like the opening volley of complimentary Krug, buttery-rich, wood-fire baked biscuit (using flour milled on premise) with a mountain of reserve caviar cured in house-smoked salt. The experience is exquisite, rising well above its special occasion contemporaries.

Saison is one of America's best (and most expensive) restaurants, although Skenes doubts it would have flourished outside of San Francisco.

Known for its landmarks and concentration of tech companies, San Francisco boasts envi-



"Cantonese cuisine is about searching for this perfection in the ingredient, treating it simply so that people can taste the quality of the product. That's what I want in my food: a Californian vibe but that Cantonese simplicity," says chef Brandon Jew on his restaurant Mr. Jiu's in North America's first and largest Chinatown. KASSIE BORRESON

able edible options beyond sourdough bread or Ghirardelli chocolates. From Hog Island's sustainable oysters, RoliRoli's naturally raised crackling-studded porchetta sandwich, the super burrito at La Taqueria, to Boulettes Larder's cannelles that bests those from Bourdeaux, it's hard not to eat well here.

Home to Michelin-christened and James Beard award-winning chefs and restaurants, the Bay Area is credited with fuelling food trends, such as Chez Panisse's local-sustainable-organic movement and the maker-culture fetishized \$4 artisanal toast.

Using local ingredients may be ubiquitous in the region, but

some kitchens are exacting new standards in quality.

Aaron London of AL's Place credits an exclusive farmer-restaurant relationship with Blue Dane Garden's Rose Becker for the flavours in his vegetable-dominant menu.

Thanks to the abundance of farmers markets, Bar Agricole's

Melissa Reitz suspects San Franciscans are comfortable accepting the natural ebbs and flows associated with farm-fresh produce because they already eat that way at home.

In a market saturated with restaurants and skyrocketing rents, London cautions that the cooking has excelled out of ne-

cessity to survive: "You take great product, add in New York City pace and competition, and suddenly we have something that's hard to compete with."

Lazy Bear owner David Barzelay, Food & Wine's Best New Chef 2016, concurs. "You need to have something unique and compelling. Getting the best ingredients is a prerequisite, but you have to use it in a way that speaks to who you are as a chef and what the restaurant is."

Frustrated with the perception that Chinese food is cheap and greasy, Brandon Jew, a third generation Chinese-American, opened Mister Jiu's. He aims to define modern San Francisco Chinese food by amalgamating the traditions and customs of his elders with the flavours from his American upbringing and training.

The recreated Chinese pantry incorporates ingredients such as Calabrian salami from an area charcutier instead of jinhua ham in the XO sauce. Scallion pancakes are made with sourdough, and roasted beet purée replaces red food colouring in the char siu sauce.

"I want to have people celebrate Chinese food again," he says. "It has the same soul but it's symbolic of the terroir here."

Renée S. Suen was hosted by San Francisco Travel and CityPASS, which did not review or approve this story.

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Spot the stars in L.A.

The City of Angels is a mecca for hot workouts, what with Hollywood stars needing to maintain their toned and seemingly ageless bodies. Here are your best bets for a getting a great workout with a side of star sightings on your next trip to LaLa Land.

KAREN KWAN/FOR METRO



Nature's Gym class

Before she gave birth to twins, **Mariah Carey** babymooned at Terranea Resort, a sprawling oceanfront property in Rancho Palos Verdes. While the songstress spent her time there get-

ting pampered at the luxe spa, you can work up a sweat here so you can be red-carpet ready in their Nature's Gym class. This boot-camp will have you running across the resort with stops to work on strength using resistance bands and your own body weight.



Head for the Hills

Escape the traffic and set out on foot in L.A. for a hike. The second biggest city in the U.S. is home to some great hiking, and you'll want to watch your step as you hike the dog-friendly 4,300-acre Griffith Park and Runyon Canyon because you'll not only spot the Hollywood sign but also some celebs such as **Justin Bieber**, **Zac Efron** and **Dakota Fanning**.



Stars of Wundabar

Take the Pilates reformer, integrate the jump board and chair, and move through your workout at a faster pace, while maintaining the integrity of the exercises (neutral spine, always!) and you've got Wundabar. The brainchild of **Amy Jordan**, Wundabar is just one of the ways stars like **Vanessa Hudgens**,



Rise up, rise up

Climb your way to being as fit as **Ashley Greene** and **Minka Kelly** at Rise Nation. Working on a Versa Climber in a dark, air-conditioned, nightclub-esque studio with dance music pumping from the speakers, will give you the cardio and leg work you'd get hiking at Runyon Canyon, only it's packed into a 30-minute class and inside from the smog.



YaS YaS, y'all

Get that heart rate up and find your zen moment at YaS, a studio that houses both Spinning and yoga under one roof. Check off your cardio, flexibility and core work all in a one-hour workout—although it might be the excitement of spotting **Kate Hudson**, **Robyn** or **Rosario Dawson** at any one of their four studios in the City of Angels that gets you sweating.

NOT A TOURIST | A letter from Mark Stachiew in Anguilla

Tennis not just for posh tourists on this island



Over its 21 years of existence, the Anguilla Tennis Academy has helped teach tennis to more than 4,000 kids aged 5 to 17 and some of its most elite athletes have gone on to win athletic scholarships at American universities. RENUKA HARRIGAN

Beneath the impossibly blue skies of the Caribbean paradise of Anguilla, I sat in the shade of a palm tree, watching pairs of teenagers playing tennis on rows of immaculate courts.

These weren't the offspring of well-to-do vacationers. They were local children who were members of the Anguilla Tennis Academy, the fancy-sounding name of an institution that began 21 years ago with the primary goal of making tennis affordable for ordinary Anguillan kids and teaching them all the life lessons that go along with dedicating themselves to becoming good at a sport.

The academy is the brainchild of Mitchell Lake who was once a local kid himself but was able to translate his own skill at tennis into a scholarship at an American university. He wants to use the academy to give a new generation of Anguillan kids the chance to have the same opportunity that he did.

I met up with him in Anguilla last month while the academy prepared to host the inaugural Anguilla Cup, an International Tennis Fed-

eration junior tournament brought to the tiny Caribbean island by the Anguilla Tourist Board and organized by Jamaican-Canadian Karl Hale, CEO of Sports Travel Experts and Tournament Director for the Rogers Cup in Toronto.

"I went to school on a tennis scholarship and when I found out you can have your school paid for and your books and everything, I came back in my freshman year to Anguilla and started this program so other kids could go to school because my parents couldn't send me to school," said Lake.

"I had 35 children the first year with three rackets. I would feed the ball and they would hit it and feed the racket down the line and all of those kids would stand in line and wait for that racket to be passed to them," he remembered.

He gave tennis lessons at the island's resorts in exchange for used equipment and before long guests were

giving him their old equipment for the kids. Over time, he was able to build on the generosity of the island's wealthy visitors and with a combination of drive, charm and enthusiasm, he raised the money necessary to start his state-of-the-art tennis academy. He continues to solicit

donations to help pay for its operating costs and the loan necessary to finish the school's construction and his dream of building a 2,500-seat stadium nearby.

"I was on the front lines, watching all these children make great sacrifices and that's the motivation for me," Lake told me. "I tell them in life, there is a cost and there is a cause. If the cause is greater than the cost, it must be done. For the Anguilla Tennis Academy, the cause is greater than the cost so \$2 million doesn't matter to me because there is no value that you can put on what I'm seeing here. The changes and the lives I've seen over 21 years, the stories are amazing."



TRAVEL NOTES BUTCH CASSIDY'S BOYHOOD HOME, CONTROVERSIAL DESTINATION PICK & BOY SCOUTS PACK THEIR BADGES

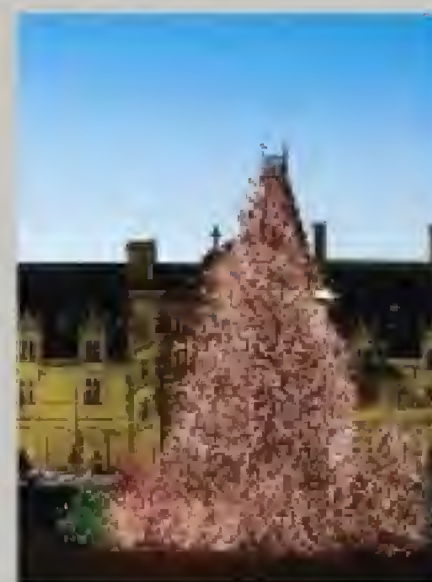
Utah to restore famous outlaw's cabin

Utah state officials are going to spend \$138,000 U.S. to restore a decaying wood cabin in Piute County that has become a tourist spot because it's believed to be the boyhood home of outlaw Butch Cassidy. Cassidy, whose real name was Robert Leroy Parker, was born in Beaver in 1866 and the Parker family did live in the Circleville cabin. It is unknown if Cassidy lived there or if he had already left to live the life of an outlaw. THE ASSOCIATED PRESS



Lonely Planet gives Asheville nod despite state's LGBT law

Lonely Planet has shined its light on Asheville, N.C., as its top U.S. destination for 2017, despite a state law limiting LGBT rights that has led companies, entertainers and others to boycott the state. Lonely Planet gave Asheville the No. 1 slot on its "Best of U.S." list because the city "has always been an open, welcoming place, and continues to be after the legislation." THE ASSOCIATED PRESS



Boy Scouts to relocate national museum

From merit badges and uniforms to an impressive collection of Norman Rockwell paintings and drawings, the Boy Scouts of America will be packing up more than a century of scouting history and taking it to the wilds of northern New Mexico. The organization will move its national museum from its current home in Texas to the Philmont Scout Ranch. THE ASSOCIATED PRESS



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Instead of relying on alcohol to deal with nerves at the office party, approach the event as a chance to build social capital. ISTOCK

How to impress at the office party

SMART CAREER MOVE

Use the get-together to schmooze not just booze it up

Vawn Himmelsbach

It may seem obvious: don't get out-of-control drunk at your office holiday party and make a complete fool of yourself. But each and every year, there are gossip-worthy antics — from inappropriate outfits to TMI — that make the rounds at the water cooler on Monday morning.

But it's just not office gossip that's a problem. "Social media enables this disaster to happen much more quickly and in a viral way," said Lisa Orr, etiquette and protocol consultant with Orr Etiquette. "The repercussions are so much more substantial. It used to be whispers, now it's

video on YouTube. Drinking and social media don't mix."

But people drink anyway: In some cases, they might be nervous about socializing with their boss or colleagues, so they drink to steady their nerves. That can result in behaviour that one regrets later, such as telling your boss about your marital problems or pursuing that office crush.

"There are studies that say 45 per cent of people have shared TMI at office parties," said Julie Blais Comeau, chief etiquette officer with etiquettejulie.com. And the culprit, in many cases, is alcohol.

Orr suggests going in with a strategy, and to approach your office holiday party as an opportunity to build social capital, "so when you have an opportunity to connect at work, you have a stronger connection." The best way to deal with nerves is to prepare — rather than rely on alcohol — by knowing who you want to connect with and what you want to talk about.

"If you know you're nervous,

find an alternate beverage, like cranberry and soda," she said. "It's nice to have a drink in your hand, but it doesn't have to have alcohol in it."

Getting drunk is a common etiquette misstep, but so is inappropriate clothing. "My rule of thumb: wear what you would wear to impress a client," said Orr. This isn't the time to wear that revealing, skin-tight dress, or to be a 'rebel' and show up uber-casual in ripped jeans.

While people in the fashion industry have a different set of rules when it comes to attire than banking professionals, Orr recommends treating the party as an extension of your workplace — and dress accordingly.

"You're at a party, it's an opportunity to show how much you respect your host, so err on the side of slightly dressy," she added.

Thinking of wearing those gag reindeer antlers or jingle-bell earrings? Think again. "Do you want your boss to remember those antlers come performance appraisal time?" said Blais Comeau.

Another etiquette misstep involves the RSVP. People say they're going to show up, then don't. Or people don't RSVP, and then show up, sometimes with a plus-one.

Every event has a budget, and that affects what the host can provide for guests. So when you RSVP to an event (or decline the invitation) it's a sign of respect.

In instances where you can bring a plus-one, you're also responsible for them and their behaviour. "Regardless of whether or not it should reflect on you, it does," said Orr. "If a partner wouldn't enjoy it or wouldn't handle it well — when they get nervous they drink too much — proactively manage that." That means prepping them ahead of time, or perhaps even deciding to leave them at home.

When it comes to office holiday parties, the key word is 'office,' said Blais Comeau. "It is a work function," she reminded. And that means, even if you dread such events, you should still go.

+ SECRET SANTA

Gift-giving etiquette tips

It's Secret Santa time, where you draw a random name out of a hat and surprise that person with a gift. In the workplace, though, there are a few rules around what's appropriate for gift-giving — especially when you're buying something for a person you barely know.

First off, stick to the budget (typically around \$10 or \$20). Don't overspend and buy something over-the-top; that makes other participants feel badly, and often makes the receiver feel guilty for not spending as much.

Etiquette expert Julie Blais Comeau suggests avoiding gag, personal or fragrant items, and staying clear of alcohol, since these could potentially offend or embarrass the receiver. More appropriate for the workplace are desktop accessories, bookstore or coffee gift cards (from their preferred coffee shop, not yours).

If you happen to pick the name of someone you barely know, don't buy a random gift; do a bit of research (ask someone who works directly with them, for example) to at least find out if they drink coffee before making that purchase.

"If you choose not to go, people are going to wonder why you didn't go," she said. "You should attend, especially if it's [during] office hours."

And make sure you don't hang exclusively with your office clique; this is a golden opportunity for intra-company networking.



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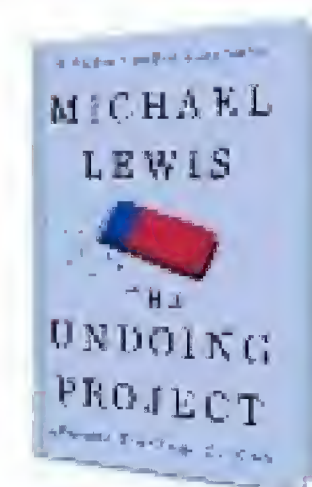
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The best books to look into

READING ROUNDUP

Page-turning gifts to suit everyone on Santa's list

Tanya Enberg

With traditional books experiencing a resurgence, this holiday season give loved ones the gift of a good read they can curl up with. This round up of 2016 titles is sure to please little bookworms, lifelong word lovers, and every type of reader in between.

For children

The Darkest Dark, Chris Hadfield

Tundra, \$22.99, Ages 4-8
Inspired by astronaut Chris Hadfield as a child, *The Darkest Dark* tells the story of young Chris, who is brave pretending to be an astronaut, however when bedtime arrives, so does his biggest fear—darkness. After watching the Apollo 11 moon landing on TV, Chris discovers beauty in the

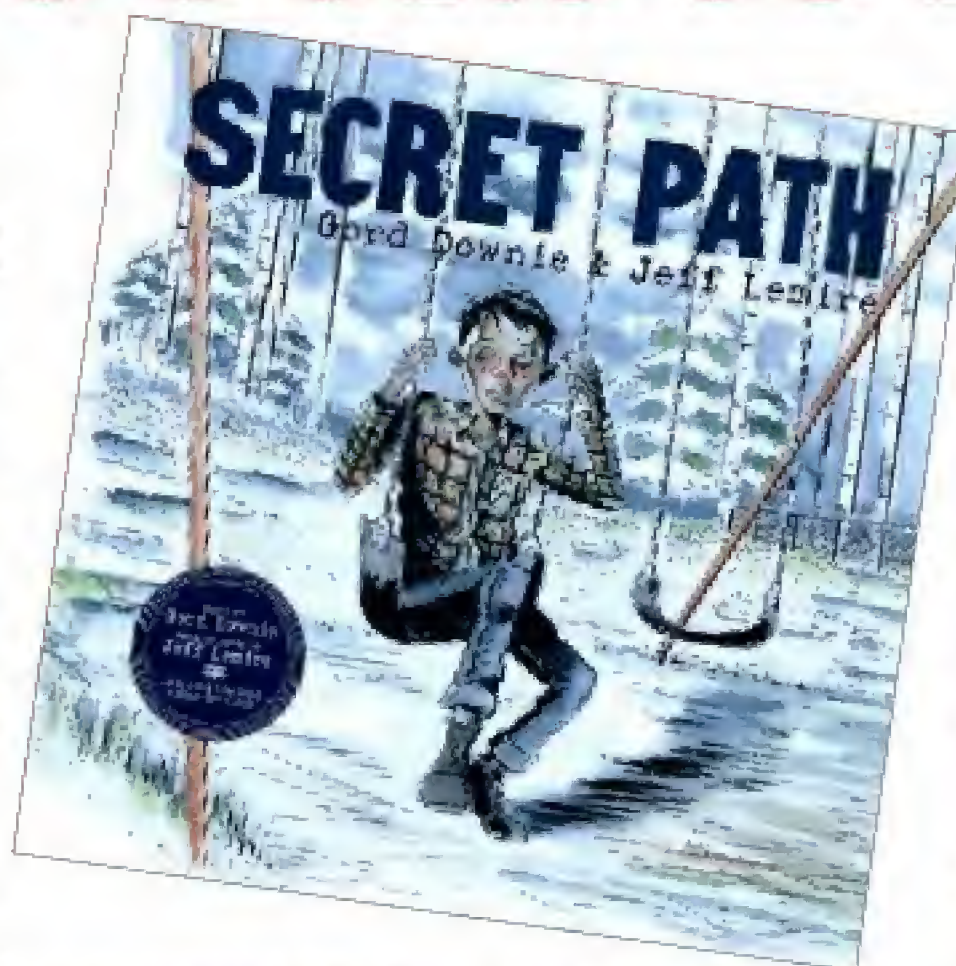
unknown—even when it's at its darkest.

The Barefoot Book of Children, Tessa Strickland and Kate DePalma, illustrated by David Dean
Barefoot Books
(available at barefootbooks.com)
\$24.99, Ages 3-8

The Barefoot Book of Children takes readers on an imaginative and insightful trip around the world, with compassionate lessons about feelings, families, bodies and food. This kid-empowering book inspires curiosity and helps children gain a deeper understanding of themselves and the world around them.

They All Saw a Cat, Brendan Wenzel

Chronicle Books, \$23.99, Ages 3-5
With whimsical drawings and lyrical prose, *They All Saw a Cat* is simple and smart. The New York Times bestseller follows a cat whose features transform as it is seen through the eyes of various creatures. From the perspective of a terrified mouse to a bat's night vision, this is an amusing celebration of observation.



Harry Potter and the Chamber of Secrets, J.K. Rowling, illustrated by Jim Kay

Bloomsbury USA, \$49.99, Ages 9+
Take a spellbinding journey into the world of wizards with the fully illustrated new edition of *Harry Potter and the Cham-*

ber of Secrets.

Bubbling over with magic, humour and beloved characters, this delightful reimagining is a home-library must for Harry Potter fans.

For adults

Faithful, Alice Hoffman

Simon & Schuster, \$32
A car accident leaves a teenage girl in a coma and her best friend dealing with crippling guilt in Alice Hoffman's *Faithful*. High schooler Shelby Richmond downward spirals as she struggles with survivor's guilt and tries to move on.

The Wonder, Emma Donoghue

HarperCollins Canada, \$32.99
Set in a small 1850s Irish village, locals and out-of-towners become captivated by the miraculous story

of a girl who is said to have survived for months without food. The child also draws skeptics and is placed under the watch of a nurse determined to reveal whether she is a medical miracle or fraud.

The Couple Next Door, Shari Lapena

Doubleday Canada, \$24.95, paperback

From the first page, suspense unfolds when Anne and Marco Conti return home to find their front door open and an empty crib where their baby should be in the unsettling thriller, *The Couple Next Door*. The parents fall under suspicion, tension rises and secrets are revealed with each shocking twist and turn.

Secret Path, Gord Downie

Simon & Schuster, \$26.99

Singer Gord Downie brings to light the mistreatment of children at residential schools with *Secret Path*, a 10-song album featuring a graphic novel by Jeff Lemire. It tells the story of Chanie "Charlie" Wenjack, a 12-year-old boy who died of hunger and exposure after running away from a Kenora, Ont. school in 1966 to try and get home.

The Best Kind of People, Zoe Whittall

House of Anansi Press, \$22.95, paperback

When a bombshell accusation of sexual impropriety is brought against George Woodbury, a beloved teacher, husband and father, his family is left to cope with denial and anger—and the possibility of guilt—in the heartbreaking book. *The Best Kind of People*.

The Girl with the Lower Back Tattoo, Amy Schumer
Gallery Books, \$36.99
Star comedian



Amy Schumer shares stories of love, family and friendship, all brushed with her signature dry humor in this confessional collection of essays. Schumer's sassiness is evident throughout, but she also delves into deeper terrain, too, opening up about her father's multiple sclerosis and ending gun violence.

Cookbooks

Small Victories: Recipes, Advice + Hundreds of Ideas for Home-Cooking Triumphs, Julia Turshen
Chronicle Books, \$50

Small Victories is brimming with culinary inspiration for seasoned and beginner home cooks. Featuring more than 400 recipes, from turkey and Ricotta meatballs to peach and bourbon milkshakes, the pages are filled with flavours for all occasions.

Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day, David Frenkiel and Luise Vindahl

Hardie Grant, \$27.99

Whether seeking an energy boost or wanting to sneak more veggies into your child's diet, *Green Kitchen Smoothies* shines with fresh ideas, from orange sesame smoothies to the deceptively healthy cacao-rich banana Snickers shake. Get ready to salivate—and bust out the blender.

Oh She Glows Every Day: Quick and Satisfying Plant-Based Recipes, Angela Liddon

Penguin Canada, \$32

Oakville based Angela Liddon is back with a collection of recipes so fresh, you'll feel healthier just flipping through the pages. Teeming with yummy, family-approved ideas (think eggplant Parmesan and stuffed avocado salad), Liddon's creations are quick, easy and immensely tempting.

All books listed are hardcover unless otherwise noted. Prices may vary, retailer dependent.

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Be Canuck cool with these gift ideas

CANADIANA

Get a head start on celebrating our nation's birthday

Tara Nolan

With Canada celebrating its sesquicentennial birthday in 2017, Christmas is the perfect time to gift presents that feature our country's distinctive iconography in some artistic way. Here is but a sampling of the patriotic presents you will find in stores and online this holiday season.

Sweet storage: What's more



Canadian than maple syrup? Really, it should be its own food group. Grab a local tin and gift it with a special vessel. Store your maple syrup, salad dressings or sauces in one of these carafes that are up-cycled from beer bottles at Artech Glass Blowing Studios. Available in amber or clear glass, each one features some a Canada-themed symbol. **Canadian Maple Syrup Carafes**, \$25, available at artechstudios.ca.

Canadian critters: Graphic artist Christine Tatilon of Ani-Zet Designs has created a new Northern Friends collection, featuring common Canadian four-legged creatures. Choose from a moose, raccoon, squirrel, husky, fox or bear, each on a digitally printed cushion. The back features a wool melton fabric pouch to store books or devices. **Moose Pillow Cotton Twill**, \$78, available at anizet.com.

A symbol of pride: Not only were these rings, designed by Dorothee Rosen,

inspired by her natural surroundings, they were also created to celebrate obtaining her Canadian citizenship. Each one bears an imprint of a real maple leaf. Available in both men's and women's sizes in yellow, rose, white and green gold, as well as silver. **Maple Leaf Ring**, \$140 to \$1,320, available at dorotheerosen.ca.



Keep your lid warm: From

pennants to onesies, the Drake General Store always seems to reserve space on its shelves for a range of cool Canadian-themed giftables. Toques, those ubiquitous symbols of winter, featuring the store's Arborist label, for example, come emblazoned with "Canada," a province name, our venerable CBC or a Mountie. **Arborist Mountie Toque**, \$29.95, available at drakegeneralstore.ca.



Perfect for baby: If you have a baby to buy for, check out The Dapper Dodo's stylish bibs made from lightweight cotton and flannelette, and cotton and terrycloth-adorned maple wood teething rings. They are created by a working mom who loves to sew using whimsical, unique fabrics and this adorable beaver pattern definitely fits in with the Canada theme. **Teether**, \$15, **bandana bib**, \$12, available at facebook.com/thedapperdodo (message to order, prices subject to change based on fabric availability and cost).



CLOCKWISE, FROM TOP LEFT: LIMITED EDITION GICHIGAMI ARTISAN CANOE PADDLE; MOUNTIE TOQUE; MAPLE LEAF RING; MOOSE PILLOW COTTON TWILL; BANDANA BIB; CANADIAN MAPLE SYRUP CARAFES

Paddle away: Did you know there are over one million canoes in Canada? Purchasing one of these hand-painted, solid cherry wood paddles from Norquay Co. will benefit The Great Lakes. Artist, adventurer and avid canoeist Natasha Wittke is donating all sale proceeds from this particular design to the Nature Conservancy Great Lakes Project. **Limited Edition Gichigami Artisan Canoe Paddle**, \$385, available at norquayco.com.



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Tech it out: Hot gadget gift ideas

RECOMMENDATIONS

Not sure what to buy your loved ones over the holidays?

Marc Saltzman

Some advice for those about to start their holiday shopping: Don't buy clothes for someone else — they may smile and thank you for the lime green cardigan but they'll hunt for the gift receipt when they get home. Lottery tickets and gift cards are cop-outs. Jewelry is too personal to pick out. And don't even think about fancy bath soaps (they still haven't used what you bought them last year).

Instead, if you want to see a genuine smile stretch upon the faces of loved ones, buy them some cool technology. And no, you don't need to break the bank to pick great gadget gifts. So, whether you're in need of high-tech ideas or want to indulge in something for yourself, here are a few sweet suggestions.

Nintendo NES Classic Edition: Sold out across the country, but with Santa's elves working on more before Christmas Eve, the Nintendo NES Classic Edition (\$79.99) lets you relive some of your beloved childhood video games on your big-screen TV.

This mini version of the iconic Nintendo Entertainment System houses 30 pre-installed eight-bit classics of yes-



teryear, such as Super Mario Bros., Donkey Kong, The Legend of Zelda, PAC-MAN, Metroid, Mega Man, and Final Fantasy.

The teeny console also ships with a full-size NES Classic Controller, plus you can add a second for two-player fun (sold separately for \$12.99), and it also includes an HDMI cable to plug into a television.



TomTom Spark 3: Building on its popular predecessor, TomTom Spark 3 Cardio + Music Bundle GPS Fitness Watch (\$349.99) leverages TomTom's heritage in GPS location and mapping to be a trusted companion while jogging, running, cycling, swimming, and more (and it works indoors, too).

Along with its integrated heart-rate monitor and multiple sports mode, a new feature called Route Exploration lets runners plan and upload up to 15 routes to their watch, and then follow along on the screen.

Elektronista Digital Clutch: Women on the go can carry their tech with style. Available in multiple colours, Knomo's Elektronista Digital Clutch (\$199 to \$299) fits up to a 10-inch tablet, as well as other items such as your wallet, keys, smartphone, earbuds, and hand cream, in multiple sections and zipped pockets for easy access to



Photo supplied by Marmot

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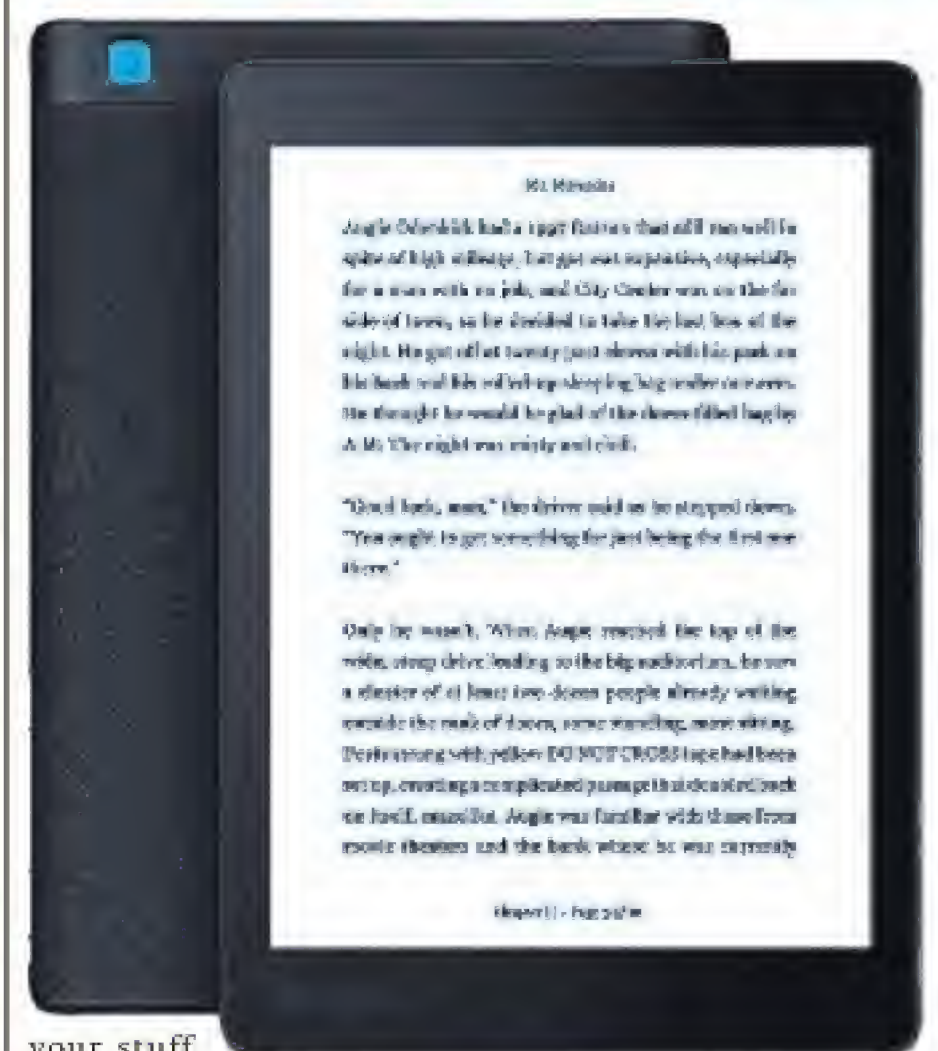


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your stuff. Built into this clutch is a 5,000-milliamp power pack, with microUSB charging cable, so you can juice up your smartphone when needed (roughly twice, depending on the model).

TP-Link Touch P5 Router: This wireless router works as well as it looks. The TP-Link Touch P5 (\$199.99) is a touch-screen-enabled Wi-Fi Gigabit Router with AC1900 speeds for fast and reliable performance, for all your home's wireless devices: computers, tablets, smartphones, printers, video game consoles, smart TVs, and more. Along with the one-minute set-up, the touchscreen also lets you enable parental controls, if desired; set up dual bands to minimize interference (2.4GHz and 5GHz); and it also works with an optional smartphone app to tweak settings and permissions.

Samsung Gear 360: Rethink how holiday moments are captured and shared with the Samsung Gear 360 (\$499.99), a compact camera that can shoot 360-degree video (or photos), which can then be played back on virtual reality headsets, or as an interactive 360-degree video on YouTube or Facebook. It's never been easier (or cheaper) to create content — perfect for family vacations, holiday get-togeth-

ers and other once-in-a-lifetime events — you may want to relive time and time again after the fact.

Kobo Aura One: What to buy an avid book lover who might want to read everywhere life takes them? The Kobo Aura One (\$249) is a premium ebook reader with a large 7.8-inch display, about the size of a hardcover book, and with a high-resolution e-ink screen that looks like real ink on paper. Whether you want to lounge around the pool, at a beach, on a deck at the cottage, or while slipping into a bubble bath, the latest Kobo is IPX8-certified, which means it can remain underwater as deep as two metres, or 6.5 feet, for up to 60 minutes. The anti-glare e-ink screen can be read clearly in bright sunlight, or take advantage of the integrated light to read while curled up in bed. The Kobo eBookstore features more than five million titles, plus you can borrow ebooks for free from your local library. Battery life lasts a month between charges. *Product prices may vary.*

FROM TOP, LEFT PAGE: NINTENDO NES CLASSIC EDITION; ELEKTRONISTA DIGITAL CLUTCH; SAMSUNG GEAR 360; KOBO AURA ONE; TOMTOM SPARK 3; TP-LINK TOUCH P5 ROUTER

Fragrant love notes for her

Picking out perfume is personal. Here are some top picks to help you wrap up the perfect scent for the special woman in your life this holiday season.

Janine Falcon



The Free Spirit

Part of four new unisex eaux de parfum, Maison Margiela Replica Flying soars with bright citrus and crisp ozonic notes touched with earthy tendrils of musk and moss. \$200 at Sephora and Hudson's Bay.

The Bon Vivant
Housed in a deceptively simple, airy bottle, Alaïa Eau de Parfum Blanche is vivacious and powder sweet, and teases with a whisper of musk. From \$122 at Hudson's Bay and Saks Fifth Avenue.



The Chic Bohemian
Luminous, sweet and flirtatious — think alluring flower-fairies on a shimmering cloud of light — Scent of a Dream is utterly Charlotte Tilbury. Inspiration sprang from the Ibiza-born celebrity makeup maven's own long-time signature fragrance, a blend of perfume oils she created for herself when she was teen. From \$105 at Holt Renfrew and Nordstrom.

The Minimalist
Lovely on their own and uniquely her when she layers them, the Clean Rollerball Layering Collection's five pocket-size fragrances evoke Air, Rain, Warm Cotton, Blossom and Skin. \$29. Sephora and Murale.



The Ingenue
A sensitive touch lighter, fresher and softer than its big-sister scent, Chanel No. 5 Eau honours its iconic roots as it beckons to a new, younger audience. From \$119 at Chanel counters.

The Dreamer
A spirited fruity floral, Luna by Nina Ricci entices with wild berries, citrus, caramel and Madagascar vanilla, and enchants with its fairy-tale flacon. From \$72 at Shoppers Drug Mart and Murale.



...and fragrant love notes for him

Picking out cologne for the best men in your life is personal, too. Here are some top picks to help you wrap up distinctive scents for him.



The Intellectual

A cool, sophisticated scent of amber, iris, and geranium with a patchouli and cedar base, Prada L'Homme is clean, understated and a touch reserved — in a good way. From \$84 at Nordstrom, Saks Fifth Avenue, and Hudson's Bay.

The Sweet Tooth
A gourmand scent for him, Uomo Salvatore Ferragamo opens with spice and slides into creamy tiramisu folded into sweet woody notes and tonka bean. From \$82 at Hudson's Bay.



The Suit
The newest after-five version of Boss Bottled, the Intense Eau de Parfum kicks up the woody and spicy notes with a more potent, longer-lasting dose of essential oils. \$102 at Hudson's Bay, at Holt Renfrew, and Nordstrom.

The Health Nut
Crisp and lively with citrus, mint and vetiver, and tempered with a hit of pink peppercorn and cardamom, classic Roger & Gallet L'Homme Sport is just one of many great scents for less at Canadian shopping site Scarlet & Julia. \$43 at scarletandjulia.com.



The Throwback
Light, green and citrus to start, Mr. Taylor Cologne is an aromatic fougere scent that closes with spicy cedar and moss. About \$54 at taylorofoldbondstreet.com.

The Jet-setter
A seductive oriental fougere of patchouli, oakmoss and vetiver wrapped in boldly sensual, leathery musk, Arquiste Élé is an ode to thoroughly sun-warmed skin + after-dark cocktails and dancing. \$225 at etiket.ca.



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A world of imagination

Meliá Cuba properties offer kids a magical escape

Of Meliá Cuba's 27 hotels, 16 of its all-inclusive Cuban resorts cater to families, offering children and the young at heart a magical, fun-filled getaway. Designed with family budgets in mind, the hotels are located in Cuba's most popular beach destinations, offering such kid-friendly activities as sports, arts and crafts and cooking — both with families and with the resorts' team of professional bilingual monitors.

Next stop: Paradise

Families can indulge at the Paradisus Varadero Resort and Spa with the opening of the new Family Concierge section. This exclusive new addition includes 284 junior suites and suites designed to impress those looking for the ultimate in luxury accommodations. Forty of the rooms have direct access to the pool along with a private garden terrace. The section also features three exclusive gourmet restaurants — along with privileged access to all six à la carte restaurants of the main hotel — as well as bars and pools. Luxurious touches include a baby club and mini club as well as a game room, ensuring that children enjoy their holiday as much as their parents. The specially assigned Family Concierge will help guests during their stay and coordinate services and reservations, so families can concentrate on enjoying themselves. For larger families, Family Suites are available at the resort and Master two-bedroom Suites are available at the Family Concierge.

Discover the Yhi Spa — offering packages designed specially for moms and daughters — as well as exclusive Watsu treatments. Not to be outdone, the Meliá Peninsula Varadero offers a Family Section like no other, with a baby and mini club, a pool for kids and a game room, and its Family Suites that can accommodate up to six people.

Fun for everyone

Multi-generational families will feel at home at the Meliá Las Dunas in Cayo Santa María, which features a distinctive adults-only section as well as a family section with a kids-only pool and a baby, mini and teenage club. The resort also boasts a Yhi Spa, complete with a modern gym, climbing wall and four tennis courts. Surrounded by lush gardens, the beach hosts a gazebo, making this resort an excellent option for weddings and the renewal of vows.

Located directly on the beach in Cayo Coco, the very modern Meliá Jardines del Rey is home to a wide array of activities, six restaurants and sumptuous gardens. With its newly enlarged and improved beach, this property is sure to please beach lovers. For those who prefer a more active holiday, this hotel also offers a mini club and a game room, as well as a kids-only pool — a smart choice for families.

Further down the coast in Holguín, the Sol Río de Luna y Mares resort faces the turquoise beach of Playa Esmeralda. Its location is stunning, nestled among lush gardens and just steps away from Cuba's top aquarium. Explore these and other unforgettable resorts at meliacuba.com.



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FLAMES UP CLOSE

Ryan Leslie

Johnny's back. In more ways than one.

We all know about Johnny Gaudreau missing 10 games with that fractured finger. We also know the team went 6-3-1 in his absence. And who will forget his dazzling display against the Ducks in his two-point return in which he scored the first goal in the Flames' 8-3 rout of their California rivals?

But there has been a real shift on and off the ice for No. 13 since his team returned home from that six games-in-nine-nights road trip. He's a different man.

For the first time in Gaudreau's career he was a part of, and honestly affected by, the business side of pro hockey. A contract negotiation that lingered took an emotional toll. The Flames star forward would miss training camp. Suddenly, he was behind the 8-ball when it came to learning coach Glen Gulutzan's new system.

Granted it wasn't the start the team or individuals were hoping for as they all adjusted. No one was happy, including Johnny, and you could see it.

Then came the injury. Adding to the frustration. When Gaudreau got hurt it



Flames winger Johnny Gaudreau celebrates with teammates on the bench after assisting on a first-period goal scored by Mark Giordano against the Coyotes on Thursday in Glendale, Ariz. For the story, go to metronews.ca. CHRISTIAN PETERSEN/GETTY IMAGES

was used as a rallying point. And the team bought in. Having to rehab on his own while the team was out east — in his own backyard no less — helped the New Jersey native realize how much he missed it.

The games, the teammates and the fun.

When they returned, so

PODCAST

Listen to the Flames Up Close podcast at metronews.ca.

did the Johnny of old. You could see it in his play, you could see it on his face, and

you could feel it watching him play. He was healthy and he was playing for the first time this season — like Johnny Hockey.

In the latest podcast, I sit down with Gaudreau over breakfast to discuss a promise to his family, how he wouldn't be in the NHL today if not for his dad, and

we also touch on playing in a big man's game despite his stature.

Gaudreau is back and no one is happier about it than him.

Ryan Leslie is host of Calgary Flames TV. His column appears every two weeks in Metro.

NHL IN BRIEF

Owners still reluctant on approving Olympics

NHL commissioner Gary Bettman says owners aren't keen on returning to a sixth consecutive Olympics.

Following the first day of the NHL's board of governors meetings on Thursday afternoon, Bettman said there was "strong negative sentiment" among the league's owners on NHL players attending the PyeongChang Games in 2018.

No vote was taken among the governors with respect to the Olympics.

THE CANADIAN PRESS

League not backing off expansion club's name

The NHL does not intend to reconsider the name or logo of the Las Vegas expansion franchise after U.S. patent authorities denied the club's trademark request.

NHL deputy commissioner Bill Daly says the league is reviewing the response from the U.S. Patent and Trademark Office, which ruled the Golden Knights nickname was too similar to the College of Saint Rose Golden Knights.

THE CANADIAN PRESS

Flyers rack up another win

Michael Raffl scored with 1:29 remaining to cap the Flyers' seventh straight win, a 6-5 comeback triumph over the Edmonton Oilers on Thursday night in Philadelphia.

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Canadian mixed martial artist has honed craft across the globe



Joe Callaghan
Metro | Toronto

Jason Saggo always comes home ... eventually.

The Toronto native has returned to familiar turf this week for his first ever outing in the city where he was born. The UFC lightweight contender has been a professional mixed martial artist for more than seven years now, so this homecoming has taken its time getting here.

Then again, Saggo's friends and family have long since learned not to wait out for him.

The 31-year-old is a full-time fighter. He's also a deep thinker. Most of all, though, he's a natural-born wanderer. The combat sports bug may have bitten hard in his university days but

the travel bug dug its teeth in deeper still.

So Saggo has combined the two on his long, winding journey to here, a slot on the UFC's first pay-per-view event in Canada in over a year and with it an opportunity to take his career to the next level.

It's been some trek, though. Saggo has traversed 5,000 kilometres of Thailand by motor-bike, backpacked Brazil before floating down the Amazon, trod across India and then got back on the bike to conquer Vietnam. There's been plenty more destinations in between. But all stop-off points had one thing in common — diving deeper into his sport.

"People ask me are you a fighter or are you a martial artist, those have two very different meanings," Saggo told Metro. "The connotations are way apart, people say you're a fighter and assume things. Whereas you say you're a martial artist, which is where I feel I'm coming at it, I'm not in there because I enjoy hurting people. I enjoy the challenge

of going in there and understanding the depth of the technique.

"It's just with me, I love travelling. It's always been a part who I am. The more I can get to see other places and other cultures, that's what I want to be doing."

His dual passions help feed the body and the mind.

"They do, and you're feeding the soul too, right?" says the psychology and philosophy graduate. "Travelling is food for the soul. All the people I have met through training and martial arts around the world have always been incredible people."

When you're training with guys who literally have your life in their hands, you have to have enormous trust.

There's a bond that has to be there. It's almost like a family."

On Saturday, Saggo faces Rustam Khabilov, the most daunting assignment of his fighting life to date. The Dagestanian carries a 20-3 record into the Air Canada Centre and has already won three times this year.

Saggo, however, is on the

brink of racking up a third triumph of his own this year.

"I wanted to go 3-0 and fight in Vegas," he said. "I'm almost there, I went to Vegas and got the win in the first round, no damage. Second fight was a tough fight but I beat him. And now I'm fighting a tough guy. He's upper echelon, so for me to beat a guy of his calibre would be a huge jump in my career."

Charlottetown is where Saggo hangs his hat these days, having moved there with his girlfriend four years ago. The relative seclusion of Prince Edward Island appealed to someone who knew plenty of it having worked as forest firefighter in B.C. and tree planter in northern Ontario.

In unsettled times for Canadian UFC fighters — Georges St-Pierre very much in exile and Rory MacDonald departed — Saggo is eager to fill the void.

"They need someone to step up and represent for Canadian fighters," he said. "This is a huge opportunity, this is why for me to go 3-0 this year would be a huge step. It would put me up there as the top Canadian fighter in the 155-pound division, would be a career high."

The journey continues.



Toronto native Jason Saggo takes on Rustam Khabilov on Saturday night. EDUARDO LIMA/METRO

IN BRIEF

Griffin III back for Browns
RG3's getting his second shot with the Browns.

Robert Griffin III, who hasn't played since injuring his shoulder in the Sept. 11 season opener at Philadelphia, will start Sunday against the Cincinnati Bengals

as the winless Browns (0-12) try to avoid becoming the second team in NFL history to go 0-16. Griffin hasn't played since breaking a bone in his left shoulder in Cleveland's 29-10 loss to the Eagles nearly three months ago.

THE ASSOCIATED PRESS

Auclair rises up rankings
Laval Rouge et Or tight end Antony Auclair rose eight spots to No. 2 in the latest CFL Scouting Bureau rankings of the top 20 eligible prospects for the 2017 CFL Draft.

Auclair, from Notre-Dame-des-Pins, Que., had six

catches and a touchdown in Laval's Vanier Cup victory over the Calgary Dinos last month. Mississippi State offensive lineman Justin Senior remained in the No. 1 position while UCLA defensive lineman Eli Ankou rose two spots to No. 3. THE CANADIAN PRESS

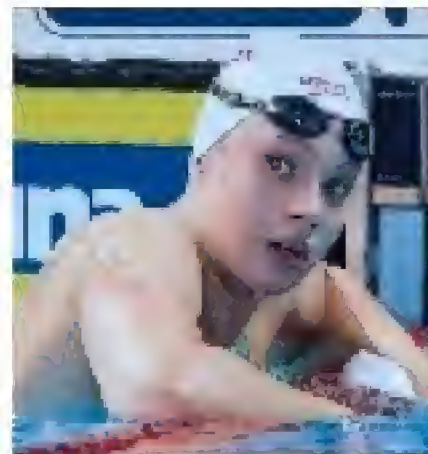
SWIMMING

Oleksiak beats her own 100m record

Olympic star Penny Oleksiak won bronze in the 100-metre freestyle at the world short course swimming championships Thursday in Windsor, Ont.

The 16-year-old from Toronto finished in third in 52.01 seconds, lowering her own Canadian record for the third time at the meet. Oleksiak, who won gold in the event at last summer's Olympics, broke her Canadian record in Wednesday's heats and semifinals.

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Penny Oleksiak
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5	2	8	1	6	4	9	3	7
4	9	1	2	7	3	8	5	6
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7	5	2	8	4	6	1	9	3

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MAKE IT TONIGHT

Zesty Lemon Orzo Soup



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

This zingy recipe yields a lot of soup, which is good news since it tastes even better the next day.

Ready in 30 minutes

Prep time: 5
Cook time: 25
Serves 6

Ingredients

- 8 cups low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, boneless chicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

Directions

1. In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.
2. Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.
3. While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.
4. Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

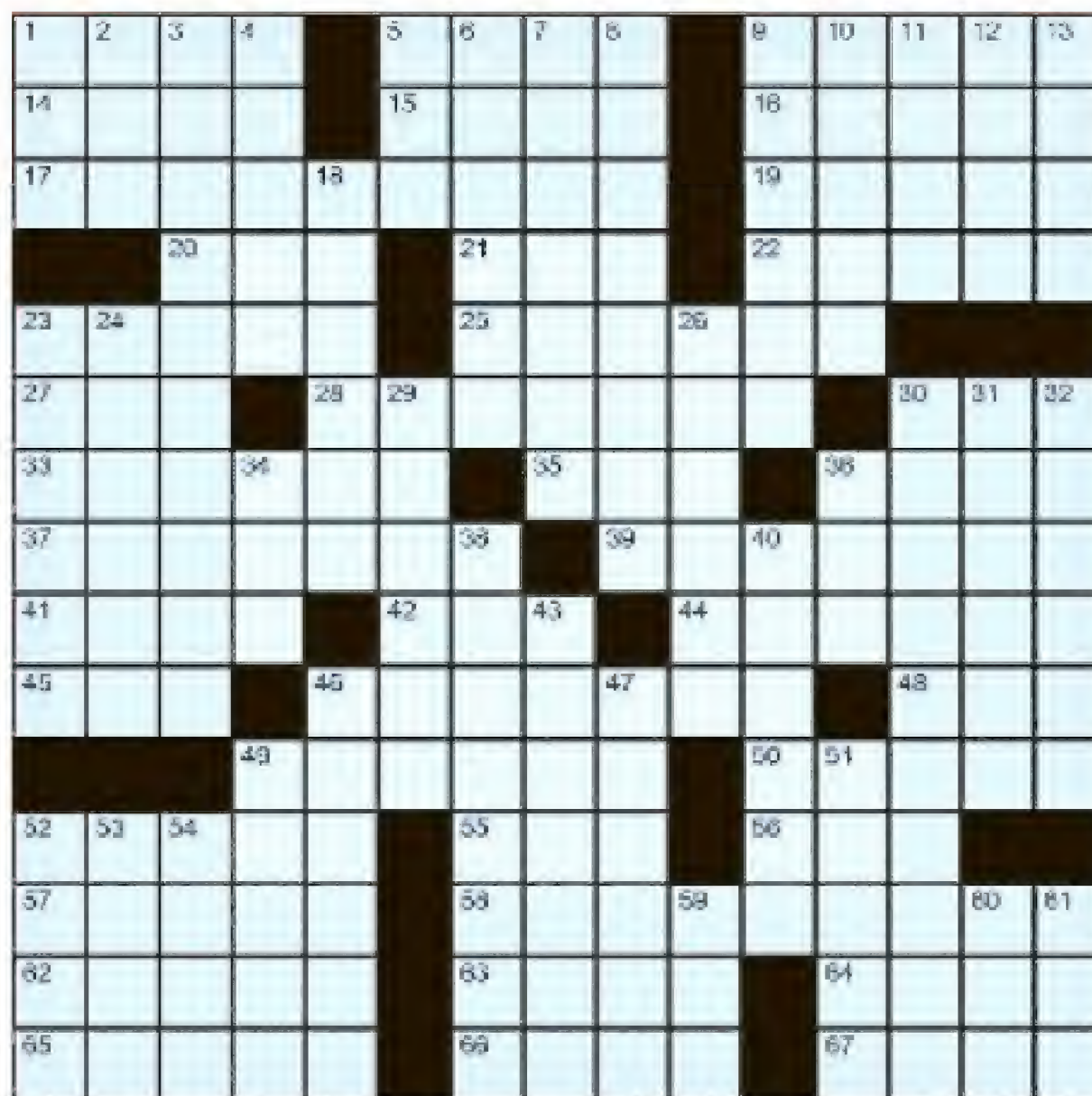
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22. A-List
23. Exasperated expletives!
25. "Pretty good!": 2 wds.
27. Ms. Gardner who was married to Frank Sinatra
28. ___ salt
30. "Come again?"
33. Empty-___ (Parent whose kids have flown the coop)
35. Theological sch.
36. Window piece
37. Debit card service in Canada
39. Island of Indonesia
41. Put a lawyer to work
42. Bathroom water source
44. Many call it football
45. Feminine pronoun
46. Obtained, as consumer goods
48. Fedora, for one
49. CBC's "Rick ___ Report"
50. Canadian painter Ms. Carr



52. Prank
55. ___ or Ardon: A Family Chronicle (1969 Vladimir Nabokov novel)
56. "Shiny Happy People" r.o.c.k.e.r.s.
57. Was inclined, like Pisa the Tower
58. "Today" on NBC co-anchor Ms. Guthrie,

- and namesakes
62. Venetian traveler Mr. Polo
63. Salt Lake City's state
64. High-fiving sound
65. Ranch animal
66. Filming venues
67. Greyish

DOWN

1. Flight watchdog org.
2. Energy unit
3. Toronto-based toymaker of the flying-off-the-shelves toys at #30-Down: 2 wds.
4. Beauty parlor
5. Pre-Tue. day

6. "___ Only" by Adele
7. Coureurs ___ (Canoe-travelling fur traders of the woods in New France)
8. Substitutes
9. Banquet
10. Get ___ of (Contact)

11. Boo Boo's cartoon pal
12. Leave in, in proofreading
13. Ripped
18. 1963 hit for The Essex "___ Said Than Done"
23. Particular pastry
24. Toronto thoroughfare, ___ Road
26. Confuse
29. Public speaker
30. The must-have toys of Christmas 2016
31. Fanciful
32. Robust
34. Mr. Danson of "Cheers"
36. BC's I'll ocean
38. Mountain chain in Eurasia
40. "___ Family" (ABC comedy)
43. Antecedent
46. Sphere
47. Dapper piece of neckwear
48. Festive fare, ___ pies
51. Smart people's gr.
52. Donations
53. Shipshape
54. Weight allowance
59. Sneeze-starting sounds...
60. "Very funny."
61. Undercover agent

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the perfect day to make travel plans, because you are excited and enthusiastic. Don't hesitate to explore opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
This is an excellent day for discussions about shared property, inheritances and how to deal with taxes and debt. You might end up laughing all the way to the bank.

Gemini May 22 - June 21
Relations with partners and close friends are friendly and upbeat today. This is a wonderful day to enjoy the company of others. Get out and schmooze!

Cancer June 22 - July 23
You want to do your very best on the job today because you are positive-minded and happy about your work. Work-related travel also is likely.

Leo July 24 - Aug. 23
This is a great day to meet others for a fun, social occasion. Enjoy the arts, sports events, playful activities with children and romantic liaisons.

Virgo Aug. 24 - Sept. 23
Family discussions will go well today. This is a particularly good day to discuss real estate negotiations or how to share or divide something with a family member.

Libra Sept. 24 - Oct. 23
Writers and salespeople will be successful today, because it's easy for Librans to be positive-minded. And we all know about the power of positive thinking!

Scorpio Oct. 24 - Nov. 22
Business and commerce are favored today. Look for ways to expand your earnings. You also might see ways to make money on the side or even get a better job.

Sagittarius Nov. 23 - Dec. 21
You're happy today. That's because your ruler, Jupiter, is dancing beautifully with the Sun in your sign. Yes, it doesn't get much better than this!

Capricorn Dec. 22 - Jan. 20
It's easy to feel content in life today because you are quietly happy. You feel confident; furthermore, you feel positive about your future. (And you should.)

Aquarius Jan. 21 - Feb. 19
This is a popular day for Aquarians! Enjoy hanging out with friends. You also will enjoy all of your exchanges with people in groups, clubs, classes and associations.

Pisces Feb. 20 - March 20
Because you make a fabulous impression on others today, go after what you want. Now is the day to put forth your agenda with bosses and parents.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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"The earth is the Lord's, and the fullness thereof; the world, and they that dwell therein" (Psalm 24:1). It is good to know that we are joint heirs with Christ and have a stake in whatever belongs to the Father. You are guaranteed whatever you desire from God as long as you make Jesus your Lord and Savior. Peradventure you haven't, take a bold step today and surrender or rededicate your life to Him.

For prayers and counseling call the pastor at 587.579.0454

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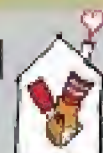
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